

Grass Roots

Craft and self-sufficiency

For down to earth people

\$2.50

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Using a Sickle

•
Guinea Fowl

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Sheepskin Boots

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Pigs

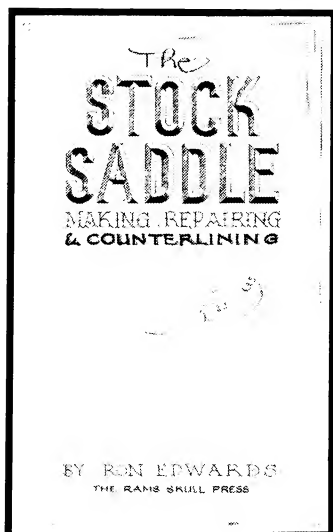
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Surviving in the Eighties

Michael Boddy and Richard Beckett
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Front Cover: Learning is most effective when it's fun. These two kids learnt a lot about chickens in a weekend by helping around the farm and playing with the tame White Leghorns. See *Educating Grass Roots Children* by Abigail Neville on p.16.

Back Cover: Pigs are fascinating animals to raise. They make excellent pets, breed prolifically and don't need elaborate housing. See *Keeping a Pig* by Fil and Linda Cullum on p.20.

Distributed to newsagents by Gordon & Gotch.

Feedback Link-Up Feedback

Dear Grass Roots,

I am a student of agriculture in the 5th term at Gesamthochschule Kassel in Witzenhausen. I have to do a second practical course of six months this year, required by my university. This practical course I want to do in the space from July 1982 to March 1983 on a farm in Australia that has organic plant production.

My problem is to get addresses of suitable farms. That is why I am asking for addresses of farms where it is possible to do diploma work in connection with the practical course. If there does not exist such a possibility, I am especially interested in farms where I can do a practical course of three or four months because I would spend then three months at a time or three and four months on two farms.

**Joachim Kilmeck,
Ermeswerder Str. 18,
3430 Witzenhausen,
W. GERMANY.**

Dear Grass Roots People,

Would any readers be able to advise me of the way to make charcoal for burning in a blacksmith's forge. I have a fifty acre property with a fair amount of dead wood on it. I have been using what I can scrape up out of the burning heaps but it is fast running out. I am only self-taught and trying to learn something about the trade at the age of fifty-one and enjoy it very much.

**W.T. Jenkins,
11 Kings Creek Road,
KRAMBACH 2429.**

Dear Grass Roots People,

Because we are looking for answers to some of our needs for alternative ways of living, Jan and I went away from Sydney by car to travel north as far as the Queensland border. Thanks to Grass Roots, we were able to visit some friends of Grass Roots, plus other people and other communities and co-operatives. We also wandered off to craft and



Edited by Meg and David Miller.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

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book shops, talking and listening, finding out what people have done and are doing.

We had the opportunity of experiencing a wide spectrum of communal living, types of buildings and lifestyles, in communes of only a few months duration to those of seven years – places like the mudbrick lovely community of the Poor Clares at Stroud, to the women at 'Bracken', to the comfortable well-laid out units at Johns River and the caravans at Homeland, the co-operative at Tuntale and the meditation-orientated Bodhi Farm. We also explored the possibilities of mobile homes and pre-constructed houses.

With prior correspondence, we went to see Iriss Quigley and found a sprightly lively woman (70 years plus), who went skipping ahead of us to show us her organic garden. She wondered if G.R. people really believe how well and active she is — well, we can vouch for that!

The theme of survival from 'the coming holocaust' kept recurring strongly and the aim of self-sufficiency was clear.

Just a few sketchy details about how we travelled. We took sleeping bags, linen, food, eating utensils and a small portable gas stand. We bought foodstuffs and prepared our own food. Apart from two or three nights accommodated by friends, we stayed in overnight stationary caravans and only once or twice, as a treat, used a motel. We made no advance bookings, we just took a chance and always found accommodation. We kept account of all we spent and at the end of almost three weeks, the trip had cost us \$13.50 each per day, which we considered very good – that included food, accommodation and petrol.

We've had a number of replies to our little piece in October Grass Roots – so thank you for the opportunity of making these contacts.

**Shirley & Jan
C/- P.O. Box 319,
SPIT JUNCTION 2088.**

Dear Jacky Scherf,

In reply to your request October '81, for help with psoriasis, I will recommend a herb – Aloe Vera. It is the best of all herbs I think. It is mentioned many times in the Bible. It was used by Cleopatra, Moses and Jesus after crucifixion – 45 kgs after crucifixion. It is more to the point, good for psoriasis, varicose veins, poison ivy, allergies, haemorrhoids, skin cancer, burns, arthritis, stings, ulcers, acne, sunburn, etc.

The Aloe Vera is related to the cactus family by appearance but is a herb with juicy leaves. The leaves are triangular shape. It can be obtained in bottles from the Friendship corp. which has the only real plantation in Australia. Aloe is the very best help for burns as it not only acts as an anaesthetic but promotes healing. However one person in every one hundred is allergic to Aloe Vera. It is a natural plant of south Texas and also Egypt.

**P. H. Moore, Friendship corp.,
194 Kings Road,
NEW LAMBTON 2305.
Ph. 049-571-518.**

Dear Friends,

Reading Grass Roots and seeing names of places is great. My husband and I went to West. Australia last year to Greenwood for two months. We toured the corner in a hired caravan with our family – Bunbury, Busselton, Albany — we loved these places and hope to go again next year. Perhaps a herb grower/user/lover from W.A. would like to correspond to exchange ideas. My favourite herb book is *The Herb Book* by John Lust – a real treasure.

**Mrs. C.A. Ward,
17 Banksia Street,
CABOOLTURE 4510.**



Feedback Link-Up Feedback

Dear Grass Roots Readers,

We are a young couple seeking an alternative to this restricted suburban lifestyle. We would like to hear from anyone who has, or knows of a few acres of good land to rent or lease. Ideally, we are looking for a house on, or near, state forest or similar with permanent water and enough land to grow our vegetables and graze a few house animals.

Our needs are simple and we wish to become as resourceful and self-sufficient as possible. We appreciate our privacy and the chance to use and live with nature's elements, so electricity and neighbours are desirable but not essential. We are prepared to do some handyman repairs or caretaking, according to rent or lease. A dwelling is not essential, provided a caravan can be set up and the other basics are available.

We would like to stay on the east coast, but will consider any location provided it has forest or natural bush.

**Geoff and Sue,
47 Redman Ave.,
THIRROUL 2515.**

Dear Folk,

We are about to leave Western Australia for the eastern states, hopefully to start our new way of life. Could anyone who is setting up in northern N.S.W. or Queensland please write to us. We would love to visit some Grass Roots folk and give them a hand for a few weeks if they want it. We are not afraid of hard work.

We have sold our home here so we have enough money to start out. We will have our own caravan. We are in our forties with a boy 13 and girl 10. Hope to hear from lots of people.

**Marilyn Murray,
23 Graham Avenue,
McKINNON 3204.**

Dear Friends,

I am a member of the Victorian Herb Society, The Responsible Homebirth Group, also the Alternative Education Resource Group. We are 'teaching' our little girls at home. Elizabeth is 5½ and Charity is nearly 4. I love children, as many as I can have. I am very involved in Natural Childbirth, particularly home-birth. Our second child was born at home.

Regarding *natural* child spacing. The Ovulation Method relies on nothing more than knowledge of one's own body. No two women are identical so you learn so much about yourself when you start practising the Ovulation method. I disagree with J. Buttery of One Tree Hill — Ovulation does *not* interfere with nature, it works with nature! If there are enough children born in the family, self-restraint as a couple for the week or so brings about stronger bonds of love and respect for each other. On the other hand it is the time to increase your family if you so wish.

I am not quite a 'fanatic' about diet etc. but I do believe we are all responsible for ourselves first. If we can't try to take good care of ourselves how can we care for others and worse still, how can we tell others what to do if we are making a mess of our own lives?

I am pining for the day when we have our own property in the country. Graeme would like something like a nursery just out of a country town and some land behind it. I would like as much land as possible. I think the best idea is to have a few families with and/or without children to buy land together somehow. At the moment I know nothing about the legalities of groups buying land where each 'family' has their own private property and share communal land for big crops like wheat, preserve natural bushland and re-forest some of the land. This way each family can have a yearly holiday if they want, also there is help if anything happens to one of them. I have big plans in mind about the kind of things I want to do but I am determined to start *small* and do each thing properly from the start and gradually build up to where I want to go. I have heard many stories of disappointment and even failure and most times, it seems to me, the people have taken on too much, too soon i.e. buying stock before having stock proof fences, etc.

So far, we are thinking of land somewhere along the New England

Highway between Tamworth (N.S.W) and Warwick (Qld). We stayed at Emmaville for two days a couple of years ago on our way to Qld. and we liked it. The best thing of course, would be to stay at someone's place for a while, and work in exchange for rent. Are there any Grass Roots people out there who could offer us this chance? Then if we do decide it is the place for us, we could find some land and some people and get things going by the next spring. If anyone else is interested in this area please write to us. Also anyone already in that area who would be willing to write about the problems of the area and the good points or any advice at all, would be gratefully received.

As for calling others with a different point of view a 'fanatic' I think that is *very* narrow minded! I have nothing against a family killing their own home grown meat if that is where they are at (a few years ago I could not *imagine* 'giving up' meat). That does not mean I'm better than you because I'm vegetarian, nor you than me because you are carnivorous — it is just a difference in views — not fanaticism. You are welcome to eat your meat if it does not niggle your conscience — I could not. Two different people, two different ways. Anyway there is more to the vegetarian and vegan stories than just the conscience bit. Many people believe it is actually healthier to not eat meat — there are other sources of the same proteins. Everyone's view is important and usually very interesting but name calling is definitely *out*. Good luck with your lives — there is nothing like *real* honey.

**Raylene, Graeme, Elizabeth & Charity Ingamells,
23 Janet Street,
LOWER TEMPLESTOWE 3107.
Ph. 03-850-6404.**

Dear Readers,

While enjoying G.R. 27, thought we'd write and tell you about nine of our little friends in the poultry line. We have always liked Chinese Silky Bantams, mainly for looks and some for sale. We decided to sell our six Rhode Island hens who seem to be hungry all of the time and concentrate on our eight Silky hens and one rooster. They are penned up all day except for one hour in the afternoon when they scratch to their heart's content. We are getting 6-7 eggs per day. Fair enough, they are small eggs, but it is easy to add extra to make up. We use the eggs till they start going broody, then we let three or four set and then we have chicks for sale. They are very popular. By the way, the eight hens and one rooster eat about 3 cups of mash each day, where the Rhode Islands eat about three times that amount.

We sex our chickens by the old-fashioned idea of the hair and staple trick. Take a hair out of your head and double it. Hang a fencing staple on it and hold it above the head of the chicken. For me, the staple oscillates for pullets and goes back and forth for rooster. I have heard it is not the same for everyone. Try this on a rooster and hen before you start on the chickens so you can get the right movements. Also for a bit of fun, try it on your friends. It really works. I guess it is some magnetic force. It is also handy to test eggs before setting for pullets and roosters. It appears, that if the eggs are not fertile, the staple just stands still.

We have just hatched seven guinea fowl chicks under a Silky Bantam and we are feeding them on a mixture of budgie seed and mash and they seem to be doing well.

**Cliff, Margaret & Andreas Elms,
Herberton Road,
ATHERTON 4883.**



Feedback Link-Up Feedback

Dear Fellow Grass Roots Readers,

Would anyone need help on their property or farm in return for accommodation. You see I need to escape from the city rat race and its paranoid people who never have a smile in return.

My age is 24 years and I am a single man who has had experience looking after plants and animals as I was a council ranger at a wildlife refuge in Sydney's western suburbs. Also I was in charge of looking after the council nursery for 18 months – references can be provided if need be. All I ask is a chance to further my knowledge of the land. I would be willing to listen and discuss any ideas of interest which anyone may have, to improve their land and need help.

**Bruce Wilson,
38 Holdsworth Street,
MERRYLANDS 2160.**

Dear Grass Roots,

As we have been moving around since leaving Tom Price in November, I wonder if you could put a note in next G.R. to thank all who wrote to me while I was in Tom Price in regards to smoke houses. My husband John and I and son Greg (2 years), are still on the move, at present staying with relatives while our home is being built. When we are settled we will put all ideas to work.

Once again, thank you. Sorry I couldn't answer all letters as some we received while in Tom Price went into our packing and we can't get to them until we unpack.

**Rhonda Stafford,
123 Esplanade,
ETTALONG BEACH 2257.**

Dear Grass Roots People,

Please help me. Thank you everyone who wrote to me after my last letter. It is wonderful to meet so many new people *but* I lost one address. I've written all my replies, so if you didn't get one, please write again. It was from a lady who began her letter with something like 'I don't know if I'm the sort of person you wanted to write to, as I live in the town . . .'. Please, please, write back. You sounded really interesting and I'd like to hear more about you.

**Beth Cawter,
104 Birdwood Terrace,
TOOWONG 4066.**

Dear David & Meg,

Thank you for a really great magazine. I am in my fifty-first year and have nearly always lived a Grass Roots way of life. I have always used a wood stove and milked goats off and on. I reared my third child on goat's milk as he was born with eczema – it cured him.

I've always tried to have a vegie garden – at present I'm mixing home manure – table scraps and ashes. Let is rot down and it does wonders for the garden. Now I'm just starting with herb growing and the use of them.

I would love to hear from any gentlemen living Grass Roots style who love life and look on the bright side.

Is there a country market held near Adelaide? They sound great. Please write to this address.

**Irene Wilson,
C/- Marie Standley,
43 Walsh Ave.,
ST. MARYS 5042.**

Dear Readers,

Could anyone tell me of an easy, successful design for an eel trap? Our largest dam is full of eels and, although using a rod is usually successful it is a very time-consuming business.

**Lucy Hocking,
P.O. Box 307,
SANDY BAY 7005.**

Dear Grass Roots,

I want to use sea weed for compost in my vegie garden. Anyone who knows the correct method for its use, please write and tell me.

**Ross Minut,
7 Blackhead Road,
BLACKHEAD.**

Dear Readers,

I would like to swap three Angora goats (does), two years old. Two of them have hair that grows 4-5 inches long and made a lovely doona. The third one has hair that grows 6-7 inches and spins up very nicely.

My husband Ken, and daughter Karrin and I are building a mudbrick house on the Coliban River at Metcalfe. The land here has been intensively cleared over the years for grazing and we are trying to get some trees established, but the goats are eating them, so they must go. I would like to swap them for a couple of pounds of homespun wool suitable for weaving, or some enamel pots for use in dyeing, pottery or even Australian native tree seedlings would be O.K.

Also could anyone please supply any information on earwigs, such as what they eat and what damage they do to building timbers and living trees as we are infested with them.

**Phyllis Barling,
Post Office,
METCALFE 3448.
Ph. 054-232-426.**

Dear Grass Roots,

There was someone who wanted Jerusalem Artichokes. These can be obtained from New Gippsland Seed Farm, Queens Road, Silvan 3795. Jerusalem Artichokes are available from June to August only.

I received a letter from a lady who lives in Brazil. I am overloaded with pen pals so if anyone would like a pen pal here are the details. Nadia L. Regueira, Vila da Maromba, Visc De Mava, Resende - RJ, Brazil CEP-27500. Hope someone will write to her.

**Muriel White,
C/- Post Office,
JABIRU N.T. 5796.**

Dear Grass Roots Folk,

We are still in our smog-laden city flat, but this year we started our own vegie garden and flower garden. Our spinach, mint and parsley were impressive to say the least. Our peas were good too, but our pumpkins, tomatoes and beans were heavily hit by a hail storm. It looked like a machine gun attack but we will still persevere. The flowers are a delight too – everyone admires them and comments on their growth. Our biggest problem is cats, cats and more cats!! A small hint we have tried is putting a small amount of cloudy ammonia in a small container and placing it in the garden – its supposed to help keep them off the garden. I really think Grass Roots was instrumental in getting us into gardening.

**Mrs. M. Watts,
45/165 Princes Highway,
ARNCLIFFE 2205.**

Dear Folk,

One thing that I would like to spread the news about is 'sea sponges'. It always worried me about the cost in money and materials of buying pads and tampons when I had my periods. Then at Uni. I heard about using a sea sponge and they are fantastic. It is best to use one about 2in by 2.5in. They can be bought at chemists as make-up sponges. To use just dampen, press out and insert. If necessary, attach a cotton thread. When full, remove and wash then re-insert. If looked after a sponge can last for many months. I worried a bit about 'Toxic Shock Syndrome', but my doctor assured me that it is only caused by leaving the sponge or tampon in for long periods at a time.

Meg, I hope you will not think I'm being uns subtle but I know that it will free many women from the consumer alternative.

**Chris Wright,
M/S 368,
GIN GIN 4671.**

Feedback Link-Up Feedback

Dear People,

Until now I have been living in Sydney which is a beautiful city, but after twelve frantic and eventful years I decided upon a change of air. Fortunately for me I was able to move to a quiet little beach house, close to a small town and enough land to start a large garden. Lots of seaweed and manure have gone into the very sandy soil and lots of flowers and vegetables are thriving.

The tank water has done wonders for my hair and I had a bore sunk for beautiful clear water for the garden. As a double certificated nurse (general and midwifery) I can keep myself financial, as well as giving music lessons.

Also as a nurse I became disenchanted a few years ago with conventional medicine, and more so when a tremendous loss of energy resulted in my being diagnosed as 'needing an interest', but that is a long story. However, after two severe illnesses in a year I figured that something was essentially out of plumb, and medical treatment i.e. drugs, was not giving me any energy. By coincidence (???) I read a Grass Roots article by Maurice Finkel, entitled *The Tragedy of Modern Medicine* and I knew that there lay an answer to my problem. Well, I won't go into detail as it would take too long, but I wrote to him and followed his treatment, which I might warn anyone interested took a lot of will power at first, because of my craving for all the nice old bad things – sugar, salt, tea, etc. But luckily I stuck it out, mainly, I think because of the expense of all the mineral and vitamin supplements I had. I *hate* wasting money when it's mine! After about eight weeks of fearful lethargy it all happened with a bang! Energy, clear mind, well-being, good skin and hair, no black circles under my eyes – you name it and I had it all back again, and I just couldn't walk far or fast enough. The amounts of supplements would be personal but I needed them for three months or lethargy set in. But sticking to the diet, even over Christmas is now no effort, and the delicious taste of unsalted food is something that still surprises me. In my enthusiasm I bought a Samap hand mill with great results. I put all sorts of stuff in the bread I make – a great success is mixed herbs, so is ginger which is out of this world with bees honey fresh from the hive. Linseed is good too, in fact, anything to hand for a flavour. I've even made croissants and they were delicious. I could rave on forever about the things I've discovered through Grass Roots but I suppose I would only be preaching to the converted.

A very interesting and helpful book is *Natural Health* by Dorothy Hall who is a naturopath, herbalist and iridologist practitioner in Sydney and the author of a number of easy to read books. She gives heaps of practical information even to the use of seaweed in the garden.

I was pleased to find in Sydney, a couple of young doctors eager to incorporate paramedicine and alternative methods in their clinic (in the Balmain area) but they were meeting with disapproval from various quarters. Ho hum.

My next project here will be trying out mud bricks for a sheltering wall or such-like then perhaps a garden shed as I need another one.

Good wishes to all G.R. readers, and particularly to anyone contemplating The Great Change – it really is Great.

**Kathleen Weissenfeld,
C/- Post Office,
KINGSTON SE 5275.**

Dear Friends,

We are the owners of 80 acres of land near Nerriga N.S.W., which unfortunately, we were forced to leave vacant for about four years. because of commitments interstate. Several times during this period we thought of selling as we realised that without regular care and maintenance the place would be going to the proverbial 'wrack and ruin'. However, we always hung on, hoping that time and circumstances would bring us back to the land.

Well, we are now back and things are far worse than we ever imagined! When we left, cottage, sheds and yards were in fairly good condition with most of the block fenced except for one small section in

need of repair. We had planted fruit trees and other trees. House, yard and gates were carefully padlocked and we were foolish enough to imagine that because our block was well away from the nearest main road and access was by private arrangement through other properties, we would be safe from intruders and vandals.

Not so! Locks have been cut and padlocks stolen. The house has been broken into, vandalised and furniture (what little there was) stolen. There is filth everywhere.

It has certainly been brought home to us that we were far too idealistic and naive (in plain words, downright stupid) in leaving our property unattended for so long and I strongly urge other Grass Roots readers to not make the same mistake. We still find it hard to believe that there are 'people' out there who will vandalise and kill for what appears to be the 'pleasure' of doing it!

The cleaning up and repairing has begun but we are striking problems all the way. For instance, we have a 1500 gal. galvanised water tank next to the house which at the moment is half full of water. However, it is also full of dead birds, nests and eggs, and water is slowly seeping out along a small section of the bottom edge of the tank. Can any reader advise us on the best way to clean out and repair the tank? Also any information on installing a fuel stove would be very much appreciated.

**Maureen and Nell,
17 Horfer Street,
MACGREGOR 2615.**

Dear G.R. Readers,

I am writing this letter in the hope of finding somewhere either in a commune or a farm-like atmosphere where I could spend a couple of months this year. I have a son, 14 months old, and a nanny goat which would be travelling with me also, so somewhere close to a train line would be necessary as this will be my means of travel.

I live on an acre with 30 acres surrounding, and there I raise chickens and grow my own vegies and flowers, the surplus of which I sell at a local country market. My reason for this venture is to check things out for the future as I wish to settle somewhere further out than I am.

**Caroline Wood,
Cnr. Beams & Bridgeman Rds.,
BRIDGEMAN DOWNS 4035.**

Dear G.R. Reader,

For the guy in issue 27, the quickest way we know to make creamed honey, is to use the paint stirring attachment on the electric drill — they cost only a couple of bucks.

**Jacki Springett,
4 Walker Street,
NIGHTCLIFF N.T. 5792.**

Dear Friends,

Thank you for your magazine as it is one of the few Australian publications with direct application and information for alternative lifestyle people – keep up the good work.

I am a 26 year old, blue eyed, intelligent, soft-hearted male with an acreage of good land at Turill on the N.S.W. mid north coast where I will move to live and work for a better life in the next two or so years after my city obligations are over. My interests include all alternative systems such as energy, building and farming and very importantly, having fun.

I would like to make friends with a young lady(s) in her (their) 20s who has the same idea of achieving a better life for themselves. It would seem that the girls I know think this kind of lifestyle would be too radical for them.

All letters received will be answered and to all those wanting to achieve independence, to whatever degree, good luck. I know it's not easy but it can be done with hard work.

**Keith Jacobs,
33 Burrabogee Road,
PENDLE HILL 2145.**

Feedback Link-Up Feedback

Dear Fellow Readers,

To Sean Adams and others who may have trouble with their kero fridge. Be sure it is absolutely level, free from any drafts, keep the flue clean and the wick trimmed, and get the 'tails' of the flue cleaner and as smooth as possible, preferably shiny. Also the tails must be in the right order, if two piece. Ours is a Cold Flame and the shorter tail must be topmost. Letting the fridge run out of kero will cause the wick to burn unevenly. Have the flame set reasonably high, but do not allow it to smoke.

I am constantly amazed at the number of letters printed in which people ask for cures for problems already covered in previous issues of G.R. Are all these people new readers or don't they keep their back issues? I have every issue and often refer to them for a solution, but also have a 'recipe book' into which I have copied hints which I am most likely to need.

**Barbara Chalker,
42 Hipwood Ave.,
COORPAROO 4151.**

Dear G.R. People,

I noticed with some considerable interest in G.R. No. 27 dated October 1981, p.95, that a Jacky Scherf wanted any information about a skin condition Psoriasis. I do not have the complaint but I do know of people who do and the following information might be of assistance, I'll list these in order.

1. Over a four week period stop eating meat. Gradually introduce yourself to 'uncooked foods'. The patient may become a little upset in the stomach as a result of these changes but it will settle down.
2. Include two cupfuls of alfalfa sprouts each day. This to be introduced as soon as you have them ready.
3. Chew four mouthfuls of wheatgrass each day for six months at least (spit out the pulp after 3-4 minutes). For further information of the 'miraculous wheatgrass' you should write to the Secretary of the Natural Health Society of S.A. at 7 Emily Avenue, Clapham 5062, for further details.
4. It is quite important to expose the entire body to sunlight for 20 minutes each day. This to be done between sunrise and 9.00 a.m. If this is not practical, then ensure that the afflicted parts of the body get sunlight during the recommended times. It is not sunburn that you need — it is the Vitamin D from the sunlight. It has been suggested by some researchers that people with this problem have difficulty in storing Vitamin D in their bodies. Take a shower after sunbathing.
5. A very prominent researcher in America has this to say. 'Psoriasis. The skin is an eliminative organ. A person with this complaint has no doubt had a long history of a very acid condition. The body in its attempt to cleanse itself dumps the acid's fluids via the skin. It is very important that whilst a person has this problem they don't use soap when washing. It may be necessary, when the condition flares up, to wash the afflicted area(s) ten times each 24 hours for the first few days. When drying the skin where the eruption has taken place apply raw wheatgerm oil. If lesions are severe then add a little goldenseal. The main cause of this troublesome condition could be sugar, honey, dried fruit, supersweet fruit, coffee or tea. The dietary changes needed to assist with the elimination of the acid condition are to eat raw vegetables, raw fruits, raw vegetable juices, raw greens, seedcheese and sprouts.'
6. Once a week take a bath with about 3lbs of salt added. Water to be nice and warm but not too hot. This will draw toxins out of the skin area.
7. Herb teas that may be of assistance are dandelion, burdock, chaparral and sarsaparilla in conjunction with other recommendations.
8. Juice from greens, carrots, cucumbers, beets and water melon skin.

On the assumption that the abovementioned suggestions are put into practice then I believe that some relief (it may be complete elimination of the problem) will occur sometime after 12 weeks. One source of information is adamant that it is the raw foods and wheatgrass juice combination that gives the body the healing enzymes it needs at the vital time when all the minerals/trace elements from the raw foods are doing their particular job of balancing the alkaline/acidity factor. This particular medical researcher says that the heat from the kitchen stove kills the enzymes in the raw foods and this gives us an immediate imbalance nutritionally speaking.

The following books would be of considerable interest to anyone suffering from an indecision of whether to eat raw foods or not to eat raw foods.

Why Suffer by Dr. Ann Wigmore D.D., N.D., Ph.D.

Naturama by Dr. Ann Wigmore D.D., N.D., Ph.D.

Survival Into the 21st Century by Viktoras Kulvinskis M.S.

I'd like to hear from Jacky Scherf via a later edition — say in 12 months time — if the abovementioned suggestions gave relief to her sick father.

If unable to get the books from your local bookshop then write direct to Omangod Press, Route 171, P.O. Box 64, Woodstock Valley, C.T. 06282, U.S.A.

**Interested Researcher,
ADELAIDE. S.A.**

Dear Everyone,

It appears I have many ideals in common with a lot of people out there — that of owning at least 5-10 acres of land with good soil, trees, maybe with a couple of creeks and some sort of community not too far away. My greatest problem is where I can afford it as I have a maximum of only \$12,000.

I am aware that north of Coff's Harbour is way out of my price range, but maybe someone knows of some nice land around Macksville or Kempsey, or as far down as Kangaroo Valley or even further down still. I've also heard that Mudgee and Hillend are very pretty. If anyone knows of any nice land available around my price range I'd be ever so appreciative. Also if anyone would like to relate their experience in how, when, where and why they bought their land, I'd love to hear from you. Of course, I will reply to all your letters.

**Miss Jane Rodgers,
2A Jamieson Avenue,
FAIRLIGHT 2094.**

Dear People,

I am a 22 year old woman who is sick of working purely for money. I have thought about my problem for some time and after much consideration have decided it is high time I learned a skill. The thing that comes most often to mind is instrument making. So if anyone knows the art and would like an enthusiastic, conscientious, hard worker as a pupil, it would be very much appreciated. Any information welcome. I am willing to live anywhere. Please help if you can.

**Paola Nadich,
3 Boucaut Street,
ALICE SPRINGS 5750.**

Dear Readers,

Does anyone know what to do with ripe persimmons as I've found no recipes of my own and have a tree full at present. Also I've been looking everywhere for a recipe for soya mayonnaise made from soya milk and one also using tofu.

Also, my husband has decided to build a water storage tank out of 6 in concrete blocks above the ground and to line it with a special sealant. Has anyone had experience in building this type of tank? How large is the maximum size that can handle the water pressure?

**Mrs. Sue Boyd,
Box 290,
KIAMA 2533.**

Feedback Link-Up Feedback

Dear Readers,

I have read that a fig twig will curdle milk for cheese making.

Watch for the Billings method of contraception. I know more than one baby whose parents were trying it. When you *want* a child it works wonders — and we do have a girl whom we tried for but it's always 50-50.

Jenny Meighan can boil wool if she puts it into cold water and brings it up to temperature slowly. Violetta Thurston says woad is not practical to use but doesn't say why. There is a very useful booklet by Anne Milner *Natural Wool Dyes and Recipes for Australia and New Zealand*, with dyes and recipes from eucalypts and lichens.

**Victoria and Giles Bonin,
C/- Post Office,
MURRINGS 2586.**

Dear Readers,

About two months after we arrived here, I read a letter in *Grass Roots* written by a woman wanting to meet people with similar interests as herself. She milked cows, made butter, bread and cheese and was very keen on using herbs for medical and cooking purposes. She lives only a few miles from us and has two children at home while we have one at home and one at a small rural school of nine children. We decided to form a play-group after meeting another woman with two children and hearing there were others in the area that were interested.

We meet in the Lurg Hall every second Monday afternoon. We decided the mothers should do something creative so we bring along our spinning wheels, leather work, macrame etc. Now, not only women with children arrive, but anyone interested in learning different crafts and swapping ideas. Last year we made Ugh boots, cheese, and soap and tried our hands at wool spinning and decoupage. This year we will attempt making bread, Tiffany lampshades, apple cider, tanning of hides and the list goes on. We can do all these crafts between the seven of us. Our little group is slowly growing with the number of women travelling many miles to attend our relaxed and friendly 'Grass Roots' gatherings.

We are all interested in helping the communities around us, sharing our experiences and knowledge with others and in general caring for our fellow man. We also swap surplus produce i.e. fruit, vegies, eggs, herbs etc. We would love to see more like-minded folk join our group and contribute new and different ideas. There is nominal charge (20 cents) to cover electricity consumption in the hall.

Anyone interested in our group can contact myself Trudi on 664294 or Liz on 666345. In conclusion we would like to thank Meg, David and all the team behind the *Grass Roots* magazine, as contact through the Feed back - Link up has ultimately brought together our rewarding little group.

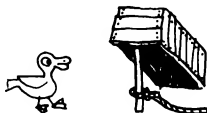
**Trudi, and Brian Lewis,
R.M.B. 2725,
BENALLA 3673.**

Dear Readers,

In 18 months I am due for discharge from the army. Sue and I and two children (5 and 7) are hoping to rent a house and land with the view of buying in the area of Kapunda, S.A. Reason to rent is because it takes twelve months to get a loan from Defence Services Home Loans with which I intend to buy land. I hope to have approximately \$10,000 when I leave the army which I hope will be more than ample deposit.

I intend trying to run a few pigs plus poultry and vegies and would like to hear from anyone with house and land to rent with view to buying also from anybody who is running pigs and could give me any helpful hints. This is a sincere effort to get away from suburbia.

**Barry Mitcheson,
27 Crittenden Road,
SMITHFIELD PLAINS 5114.**



Dear Folk,

Last year our school started lunch time programmes such as rug making, knitting, toy making and macrame. I did stick spinning with groups of ten, ages ranging from 7 to 12. It was quite fascinating to see how adaptable they are and how quickly they learnt. I will do it again this year and am looking forward to it. Also during the year I gave a few stick spinning demonstrations. My husband makes up kits for anyone who wants one. He has designed a plying stand one can use for skeining as well — really quite handy for holidays or travelling generally.

**Elisabeth Potter,
P.O. Box 118,
KILSYTH 3137.**

Dear G.R. Readers,

It's now ten months since my two year old son, Taran and I moved to our 50 acres. I've noticed a number of single women and/or mothers, through your magazine, expressing a desire to move onto the land. Well it can be done and I'd like to encourage them. However you need a great deal of determination and a willingness to do the work yourself. I've been fortunate to find people willing to help me with some jobs, because even if you're Samson himself, there are many jobs that just can't be done by yourself.

**Vicki St. Lawrence,
P.O. Box 713,
GRAFTON 2460.**

Dear Friends,

We have just moved to the tropics and are having great difficulty finding out about gardening here. Perhaps you may know of reference books/sources we may find helpful — we are interested in only organic gardening.

**Sally Dickle,
C/- Post Office,
COOKTOWN 4871.**

Dear Friends,

A note to Patricia Livingstone, and others like-minded. Yes, this publication should be banned — it is inflammatory! How refreshing to read the letters, and to know that there are people in this world who still have dreams, and work on their fulfillment. Though we are in a relatively small community here in the Territory, we do have a number of people making the break. Our climate does not always make that so easy — what little rainforest we had has been decimated by repeated burning by thoughtless people.

**Marlon and Gary,
Box 1487,
DARWIN 5794.**

Dear Readers,

I have not long ago moved from Melbourne to Castlemaine and am looking to meet *Grass Roots* people in this area.

**Robert Hindell,
Stephen Street,
CAMPBELLS CREEK 3451.**

Dear Friends,

Could anyone please tell me what 'Groats' are? I would be most thankful.

If anyone wants a recipe for something, anything! — Breads, buns, doughnuts, currys, stews, desserts, sweets, home made jellies, biscuits, cakes, herb vinegars, home made wines, relishes, pickles, sauces, etc. please write.

**Margaret Salmon,
Gayndah Road,
HILLSVILLE 4012.**



Feedback Link-Up Feedback

Dear Grass Roots,

Like Sean Adams from Naracoorte, who wrote in the December issue of G.R. of the trouble he is having with kerosene fridges, we too are experiencing the same problems. Perhaps someone knows of where we can purchase wicks and bowls for kerosene refrigerators, preferably within a reasonable distance from Ballarat. We would appreciate any advice we can get on how to resurrect them.

**Nancy Wright,
41 South Street,
BEAUFORT 3373.**

Hello Grass Roots,

Writing with an idea for Chris Levy of Bacchus Marsh, who asked about codlin moth control. Friends kept bantams under an apple tree, fruit from which was full of codlin moth. The bantams picked over the fallen fruit. Next year a lot less codlin. The following year none.

Hoping this may be of help.

Robert.

Dear Grass Roots,

We live in suburban Geelong but have bought a beautiful property at Barwon Downs on the edge of the Otways in between Colac and Lorne. Nine acres is natural bush with wild life. Blue wrens, fan tails, kookaburras, magpies, king parrots, yellow tail black cockatoos, red robins, eastern yellow robins and lots of others. This spring, our first here was a blaze of colour with wild flowers and wattle.

We have five acres clear and have planted fruit trees and have loads of vegies we have watered by bucket until last week when we purchased a pump for the dam. What a relief. Now it's raining steadily and we hope to refill the tanks as well as water the garden.

We have a paddock full of oxalis! Any ideas on how to get rid of it would be welcome! One consolation is the pink heath grows in abundance among the oxalis and I managed to sell to florists during the winter months when it blooms bringing in a nice little nest egg of several hundred dollars which we were able to use to buy extra tools etc. One was a cultivator which makes digging easier. We have two black and white coloured sheep and hope to get chooks and ducks and a goat to milk later. We spend most weekends here and our daughter and husband live in the house. Later I hope to get a flour mill and make my own flour and bread. I bottle fruit, make jams and sauces, pickles, chutneys, etc. I freeze all the vegies I can. Apple and plum trees grow wild along the roadsides in abundance and also lovely blackberries for jam.

We have kangaroos and echidnas and rabbits who have eaten our beans. We had roast rabbit last night! We have an open fire place but an electric stove. We hope to get a slow combustion stove later on as there is enough wood on the property for years and years without cutting any of our trees down.

Good luck to everyone trying to make it out of the rat race and pollution.

**Maree Sherlock,
BARWON DOWNS.**

Dear Grass Roots Readers,

I am a student currently doing H.S.C. who is hoping to share a period between late October 1982 to early February 1983 in acquiring practical experience. This is not intended as a summer holiday but as an earnest chance to make the initial transaction from the city to the country life. I am a responsible, caring, intelligent person who is not afraid of hard work and am also a non-smoker, non-drinker. I enjoy macrame, music, horticulture, reading, bush-walking, animals and generally the outdoor life. I am ideally seeking a co-op. community which requires an additional pair of eager, but inexperienced hands in exchange for board and food, but I am willing to pay board or even camp upon the property should you be able to offer this experience to me. I would prefer a farm within Victoria, although I am willing to travel interstate.

**Fiona Parker,
48 Peacock Street,
BURWOOD 3125**

Dear Grass Roots,

I would like some information about the price and availability of land on the southern Victorian coast, from about Torquay to Port Fairy. As my husband like to surf and fish, we would like to live in walking distance of the sea. Our ideal is about 2 acres, under \$15,000 on which we could become as self-sufficient as possible. If any Grass Roots readers could help, please write to me, it would be greatly appreciated.

**Joy Doering,
244 Tongarra Road,
ALBION PARK 2527.**

Dear People,

As I am an ambulance officer, I was quite interested in your article, *Surviving Venomous Bites* (G.R. Dec 81). I would like to add my support to the authors belief that every person should know how to perform C.P.R., a persons life is a pretty good return on the small investment in time it takes to learn. Most centres of the Q.A.T.B. conduct first aid classes for the public and C.P.R. is an important aspect of these classes. Enquiries can be made at any centre of the Queensland Ambulance Transport Brigade.

**K.W. Baumgarten,
Q.A.T.B. Centre,
COLLINSVILLE 4804.**

Dear Readers,

I read some time ago of a shampoo recipe using Lux flakes, borax and chamomile. Despite much frenzied searching I now cannot locate the recipe and would be most grateful if anyone could tell me the correct proportions.

**Kathy Chapman,
83 Cross Street,
WARRIMOO 2775.**

Dear G.R.,

Grass Roots has given us so much pleasure and interest particularly in the past 18 months since our retirement. We have almost completed restoration of our home and have an area on our ¾ acre plot producing all our vegetables and herbs. We are buying a freezer next week and will set up supplies to carry us through the winter months. My pantry is overflowing with jams, preserves and chutneys. Plums and apples were donated by a local orchardist, and I have bottled these for our local Hospital Fete in March. During coming winter months we are planning to replace front glass windows and doors with our own stained glass creations.

Could you please advise how we can store cabbages. There is apparently a method, but we cannot pick this up in any books available to us.

**Bronwyn Robertson,
122 Govetts Leap Road,
BLACKHEATH 2785.**

Dear People,

I was wondering if there are any people out there who would like to write to me. I am 24 years old, single and very interested in a simple, natural way of life. I enjoy the outdoors, have a vegie garden, spin wool, milk goats and in fact anything connected to Grass Roots type of life. I would eventually like to work and live in a commune, and would especially like to hear from people who are already living in one.

**Sue Nolan,
59 Sorrento Street,
MARGATE 4019.**

Dear Grass Roots Readers,

I am interested in all aspects of company formation that could be used in forming communities including the purchase of land. Any thoughts, ideas and information on this subject would be appreciated, particularly on the content of the Articles of Incorporation and Memorandum. All letters will be answered.

**R. Hodgkinson,
P.O. Box 550,
WAGGA 2650.**

Feedback Link-Up Feedback

Dear G.R.,

I would like to get in touch with folk in Northern N.S.W. and Southern Qld. I have recently returned from three years in Port Moresby and I find I need a warmer and slower life style than is offered in Melbourne.

All letters will be answered. I would like information about everything as I know nothing about that area at all. I am 30, have two small boys 5 & 3, and can work at anything. I was brought up on farms in Tassie.

**Jodie,
Box 132,
MORNINGTON 3931**

Dear Readers,

We are living in the city but have spent most of our lives on farms. Our hope is to one day go back to a self-sufficient life style in the peace and quiet of the country.

We would like to hear from other Grass Roots readers in our area.

**Bob & Rosanne Jones,
39 Riverview Street,
TAMWORTH 2340.**

Dear G.R. Readers,

As many G.R. readers live near Sale (Vic.), I would like you to know that, if you are animal lovers or just want good cosmetics, your R.S.P.C.A. branch supplies Beauty Without Cruelty products. For details phone me on 051-497-302.

All proceeds from sales, and make-up lessons for girls, go direct to animal welfare. I think it is very important for people to know that by using such products they are not innocently subscribing to cruel, unnecessary animal experimentation.

I use pennyroyal to help control the problem of fleas on our cats and dogs, followed by fine-tooth combing. Good there is no Royal Society for Prevention of Cruelty to Fleas!

We have 8 guinea fowl looking for homes, but it must be an 'honour' gift—not next Sunday's dinner. They give us good eggs, and are delightful creatures.

**Betty Tanava,
R.M.B. 6345,
Carra Creek Road,
Longford,
SALE 3850.**

Dear Grass Roots People,

My lady and I are looking for another place to live. We also have two German Shepherds (male 14 months, and female 3 months) which I will add are more human than most humans we know. Both our families live on farms and always will. We are well orientated with a country life style and the same applies with our dogs. We are looking for some one who needs assistance with their farm be it in planting trees, fencing, gardening, building or whatever. We can both ride horses, I can drive a 4WD and ride a motor bike. My lady is a great cook and wonderful with children. I suppose our offer would suit a married couple with kids who have made the break from the city and with the husband working with only the weekends off to work around the farm. We don't require permanent residence, our aim is to work our way around Australia and to help other people achieve their goals whilst extending our skills and knowledge so when we settle down our thoughts and actions will flow freely for the benefit of all who house themselves upon our land.

**John & Elise Palethorpe,
'Talaringa',
Tallebudge Road,
WEST BURLEIGH 4219.**

Dear G.R.,

I have written to Sean re his question of tempermental kero fridge but it may help some one else. I wouldn't say I was expert on either kero fridges or tempermental women, but I have seen my mother get the chaps

on the station to roll the fridge over several times, stand it up and it works like a good one. I doubt the same treatment would cure the tempermental woman though.

**David Gerliche,
C/- Post Office,
DRY CREEK 5094.**

Hi!

Could anybody, anywhere, anytime please send me some ideas and ways of using my massive crop of sprouts. I mainly have mung beans, bean sprouts and brown lentils. I already use them in all my stews and casseroles and salads but need new ideas.

**Michelle Wheeler,
Mecca Caravan Park,
WYEE BAY 2259.**

Dear Friends,

I'm interested in purchasing some land, preferably without buildings and uncleared. I don't mind its whereabouts as long as it has permanent water. I'm not a millionaire yet but I would love to live on my own land in the future.

Also I would like to hear from anyone who knows anything about horse-drawn carts, like wagons and hooded carts.

**Tina Gerrits,
Box 837,
MANLY 2095.**

Dear Family,

What can I say? 'Grass Roots' magazine is the best down to earth magazine I have ever read. All the other magazines seem to be crowded with advertisements for vitamin pills, 'rip-off' the consumer articles or extremists putting forward their 'all talk-no action' theories. Congratulations for providing a practical, natural magazine, which not only inspires but spreads warmth and unity into society.

Besides giving praise, I am wondering if there is one good book with the 'A to Z' of vegetables and herbs, with regards to nutritional and medicinal values? If not, does anyone feel inspired? Also does anyone have recipes for making non-alcoholic apple cider or cream cheese?

I've been doing a lot of preserving recently and have an excellent recipe for corn relish, paw-paw chutney, banana butter etc. Please write if you wish to try them. Before I go, a good use for paw paw. Puree the flesh and add to a batter mixture with a little honey. Makes lovely pancakes!

**J. Irwin,
5 Tomewin Street,
CURRUMBIN 4223.**

Dear Grass Roots People,

We have just finished our first year on our farm and have had more fun in our tin shed than we have ever had in the houses in town.

Our vegie garden is providing for our needs plus a bit to give away to friends.

What I really wanted to ask is does any body have some advice about drenching sheep e.g. when to do and when not to do, and also some information about preventing fly strike around the horns of rams? We have had all twelve sheep shorn in early December and so we won't have to worry about fly strike for another couple of months. We have found some helpful advice in *The Weekly Times Farmers' Handbook*. It has a lot of information on just about every farm subject.

We would appreciate some articles in Grass Roots about keeping and caring for sheep as we have found that they're quite popular on the mid north coast. We joined the Mid Coast Sheep Owners Association and found lots more 'sheepy' people.

**Marjorie Trotter,
'Pegleg' R.M.B.
Clarkes Road,
TINONEE 2430.**

Feedback Link-Up Feedback

Dear People,

We live on a beautiful piece of land between Broadford and Seymour. We built our own home from local stone, have a 32 volt generator for electricity, a fine vegetable garden and the beginnings of an orchard. We keep some goats – Saanen and sheep. Some black, but more white ones and Helmut's main income is from his bees.

We sell the honey at St. Andrews Market each Saturday as well as other produce from our farm. I make cheese from the goats' milk and find ready customers. Sometimes we have berries and vegetables from the garden – also most of our coloured fleeces we sell at the Market.

It is a friendly place and we are so glad we found it. As I still have a full time job life is very busy and sometimes I get down-hearted that I just do not manage to do all the things that are necessary around a home and farm. But at such times I find Grass Roots a great stand-by. Just by reading some of the letters, stories and hints, I am pepped up again and feel that I can cope where so many others have coped and are still doing so.

Is there anybody – near to us preferably – who can repair a 32 volt washing machine?

**Ilse & Helmut Bellharz,
Strath Creek R.S.D.,
via BROADFORD 3658.**

Dear Friends,

We are a family of four with two boys, 9 and 11, and we have always lived on the land, but since March 1981 we have lived in town. My husband contracted a chronic illness nearly three years ago shortly after we moved here from S.A. and we struggled on, but the work got too much and we sadly decided to sell. So here we are, having done exactly the opposite to what most of you out there are doing. We settled for a large old house on a large double block. We have our fowls, couldn't eat a shop egg – horrors! – and at the moment we are heartily tired of squash and zucchini although they are so delicious. The beans are getting going too but I can freeze them. We also have a large grape vine, the old Isabella, but there are no fruit trees which is odd in an old place like this – they must have been cut down years ago. Isabella grapes are tart to eat but I love them and they make a nice grape jelly.

**Diane Engler,
54 West Avenue,
GLEN INNES 2370.**

Dear Grass Roots People,

Being a vegetarian, I felt I had to reply to J. Buttery's letter in Feedback (G.R. 28 p. 100). We are not all the fanatics that he/she makes us out to be. If he/she had made a study of the subject, he/she would have discovered that vegetarianism is the natural state for humans to be. Our jaws were not designed to chew meat such as carnivores were. It takes five or more hours to digest meat compared to approximately 30 minutes for a rock melon.

All flesh is excessively acid forming and adds needlessly to the body's accumulation of toxic waste products. Vegetarians rarely get diverticulosis or haemorrhoids. If he/she had read books such as Frances Moore Lappes *Diet for a Small Planet*, he/she would have learned by eating meat we are getting our protein second-hand. Also the grazing land for such livestock could be put to far more economical use growing crops and getting our protein first hand. An acre of cereals can produce five times more protein than an acre devoted to meat production; legumes can produce ten times more, and leafy vegetables fifteen times more. I could go on but I would just like to suggest that J. Buttery does a little more reading on the subject.

**Anna Murray,
Sydney.**

Dear Readers,

I hope some readers may be able to assist me.

Does anyone know where to buy L.P. gas appliances or where to have town/natural gas appliances converted to L.P.G.?

How do you persuade birds to leave mulch alone? Mine ends up

scattered – blackbirds seem to be the main offenders.

Has anyone grown globe artichoke in East Gippsland on a reasonable scale? I would like to hear of any problems.

**John Elliott,
1 Edgoose Ave.,
BOX HILL NORTH 3129.**

Dear Friends,

We are a family of three – Ray 37, Rosslyn 26 and Daniel 20 months – living in our own caravan in a park in Cairns. We've been here a year and whilst we may, or may not, eventually move a little further south, we hope to be here for another year as Ray's job (brickie) should last till then. Naturally, we're hoping to find somewhere eventually where we can set up our little self-sufficient home. Whilst Ray has the knowledge and some past experience of this lifestyle, I have some theoretical knowledge but no practical experience. What would be great, would be to find someone with a place (owned or rented) in Cairns, or on the outskirts, already living in some semi-self-sufficient way, with room for us and our 30ft. van and annexe. We could contribute rent which we have to pay in a park anyway, Ray's specialised knowledge of construction and many other handyman skills and my company and help in whatever way I can.

Anyone interested, drop us a line and we'll pay you a visit to see how we would all get on. We're not fanatics about anything really and pretty easy to get on with.

**R. Alblston,
C/- P.O.,
Earlville,
CAIRNS 4870.**

Dear Grass Roots People,

Hi everyone, well here we are living in Brisbane, waiting for the day we can buy our land.

John's work brought us here for another 18 months. We're trying to save as much as possible. We live on a normal house block but have a vegetable garden, a thriving herb garden, a mulberry tree and a paw paw tree which has just given us lots of beautiful paw paws. We started a compost heap which is going well. We're using organic sprays.

We would love to possibly buy some land within a day's drive away from Brisbane. We were thinking of buying alone but feel now a share basis would be good – communications, lots of good friends getting back to the good life.

We would love to meet any grass roots people living in Brisbane to share ideas, just for chats, a cup of herbal or ordinary tea or outings to the country.

**J. & J. Dreuerman,
105 Woking Street,
KEPERRA 4054.**



Dear Grass Roots,

I have recently bought a book called *Book of Preserving* by Sonia Allison, published by David & Charles, Gt. Britain, \$14.95. After reading the letter from Maree Williamson (G.R. 28) asking for recipes for rosehips, I duly copied those from the book and sent them off. I thoroughly recommend the book for matters relating to the following: bottling, candied peel, chutney, drying, freezing, fruits in alcohol, fruit cheeses, butters and curds, fruit syrup, jam, jellies, marmalade, mincemeat, pickles, salting and sauces. Part Two comprises an A-Z of Fruits and Vegetables.

**Julia May,
C/- Plt. Off. R.F. May,
Officers' Mess,
RAAF Base,
AMBERLEY 4305.**

Feedback Link-Up Feedback

Dear Grass Roots People,

We have finally left the city and are renting a house in the Mt. Lofty Ranges whilst looking for land of our own. We intend to build our house of mudbrick.

We would like to hear from readers and their friends of any land available in the Gumeracha/Lobethal/Springton area. We feel that 4 ha is ample for self-sufficiency for a small family.

We have tried running a cottage-craft stall in the Adelaide Flea Market. It was not very successful but maybe the venue was not right.

We will be travelling through N.S.W. and Victoria from 25th March to 18th April and hope to meet other Grass Roots people — especially those who have their own land.

Before closing, we highly recommend Tony and Heather Summers, of Elfin Shoes. They made us some sandals and shoes recently, which have been terrific.

Have Ken and Luisa Chenery of Wattle Park, S.A. (G.R. 19 p. 84) set up their healing centre yet? We would love to hear from them as we are both interested in natural healing etc.

**Gerry Butler & Jenny Ridgard,
C/- Post Office,
MOUNT PLEASANT 5235.**

Dear Readers,

We have 60 acres of good farming land in this district and are looking into the possibility of a small cluster subdivision into three blocks as I have lots of other interests and more land than we need.

On reading my second copy of Grass Roots, I am impressed by its variety of useful information and by the sincerity of so many people. It also occurred to me that some of the people looking for a rural lifestyle could try advertising in the *Queensland Country Life* or *North Queensland Register*. I know of quite a number of lovely homesteads, mostly in more remote areas (100-150 miles from a town), unoccupied and going to ruin. Due to a down-turn in the cattle industry over the years, many smaller properties have been amalgamated, and the homes on these properties are invariably left unused. Although slightly isolated, that lifestyle is the only way to live. I know, as our family owned and lived on a station for 25 years and Dad and two brothers are still there. The owners of the properties would mostly be glad to have their assets looked after and would need only to be convinced of the sincerity of the intending occupiers.

**R.T. Toohey,
P.O. Box 444,
CHARTERS TOWERS 4820.**

Dear G.R. Friends,

We have now been living in the country for a year and I suppose we have progressed steadily from nothing to a fair degree of self-sufficiency. The last time I wrote, we were still being very wary about taking on goats but have since ended up with four — two milkers and their kids. I have been trying to collect the cream to make butter but found the quantity of milk needed was too great, and had to be left too long, with the result that the first lot of cream collected was unusable by the time I'd collected enough. I'm obviously doing something wrong somewhere and there is only a limited amount of information available. You have already sent me a piece about butter making and I constantly re-read it to see what I've done wrong, hoping that I've missed something important that will solve my problem.

**C. Hunt,
High Beech Road,
Lot 12, Benrue Rd.,
CLACKLINE 6564.**

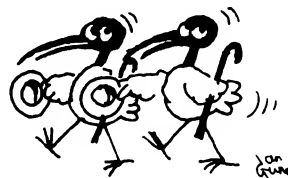
Dear Everyone,

I've been reading my back copies of G.R. — not many yet — and once again realised what a gold mine they are. Quite a number of recipes went into my cookbook and I've had great fun and success trying them out. Also found some great gardening ideas, especially in combating weeds with newspaper and compost. A handy idea for collecting recipes is to

use a cheap photo album (from Coles) for cut out and handwritten recipes on scraps of paper. Divide into categories if desired. Plastic protects them from floury fingers.

In Basic Soap Recipe (G.R. No. 24, p.88), resin and borax were mentioned. Where do you buy them?

**Rita Summers,
'Kersbrook',
Blackwood Farm,
PIONEER 7254.**



Dear Folk,

One of your readers suggested correspondence from people who had used methods printed in earlier Grass Roots. I have used so many but will mention two very early ones. In Volume 6, I used 'Tanning Skins', on a nice long tufted skin, probably the dirtiest, blood covered one anyone is ever likely to see. That's why I had it given to me. I used the instructions, after washing the wool in C.S.I.R.O. Cetymol (obtainable from the Handweavers and Spinners Guild of Victoria — remember Moe?) and was so thrilled with the results. It was nine years ago and I still have a beautiful skin. I have had it dry cleaned four times and combed it back to its original glory each time.

A few years of dreaming — quite a lot it seems — four of us did a workshop on papermaking in early December and made our own Christmas cards — strike not withstanding. Everyone to whom I sent mine, was quite impressed.

It was from Grass Roots the workshops originated. Kayes and Sonja van Bodegraven who, in 1973, Vol. 6, wrote that they started about 18 months ago. Our guild tutor Una Allen, has done Kayes' school and a South Australian one. She did a workshop at the Lorne Residential School for the Handweavers and Spinners Guild of Victoria and used the four of us as guinea pigs for a two day course which the Guild is running through the first term. Information can be obtained by looking in the Melbourne phone book under 'Handweavers'.

As you see I am up to only Vol 6 with two items. We have also done pine needle baskets at Guild classes, but I must not take up any more of your time so I will continue the saga at a later date.

**Jean Bentley and her
Seven Little Australians,
7 Tilley Street,
EAST COBURG 3058.**

Dear Everybody,

After four years of hard work we're now looking for land and hoping G.R. readers can help us. We require land with an abundant year round water supply — preferably uncleared or partially cleared. Not interested in communes — sorry!

When our house sells we'll be able to afford a moderately priced acreage — ten acres to one hundred acres. If there's a house of some description we will be able to pay a little more. We'd prefer coastal N.S.W. — up to thirty miles inland, and we'll need electricity. We'd be happy to look at anything that could be suitable.

**Lindy & Stuart Wilson,
210 Narara Valley Drive,
NIAGARA PARK 2250.**



Feedback Link-Up Feedback

Dear Grass Roots Readers,

I noticed in the December issue of Grass Roots that a couple of people had been having trouble rearing turkey poults. From experience, I take them from the mother when they hatch as I find that she jumps on them. I also feed them medicated chicken rations. This keeps disease in check and is cheaper than losing any. I feed them this ration for the first few weeks making sure that they are outside in a pen on fresh grass every day, except when its raining. They need a shallow dish of fresh water. I bring them in at night and put them in a cardboard box on sawdust and cover them with old mosquito net. If it is very cold I bring them right inside and put them on the hot water system or put a light on them. You will probably find, as we have, that they would rather our company than the other fowls.

I have three acres at Capalba and would like someone to live here rent free in return for some small tasks such as milking a cow, feeding the fowls, horses, etc.

It is close to the town or the city if the person wished to work. A pensioner would be ideal, as long as they liked gardening etc. The plan is to have as much natural food as we can. I am also interested in herbs, and we think that you are what you eat, so try to have all the right things.

I can be contacted by phone if anyone is interested, but please no dope smokers. The phone number is 245-4230.

**Janice Barry,
92 Camrose Street,
CAPALABA 4157.**

Dear Grass Rooters,

Within a couple of months my brother and I and a Canadian friend are embarking on an odyssey around Australia. We are hoping to meet lots of interesting people, make new friends and have a great time. We are particularly interested in meeting people who are basically crafty, self-sufficient and survivalist with the view of learning how we can best achieve similar things for ourselves at the end of our journey. We will also be looking at land and communities with the view of settling.

Perhaps we could pitch a tent, help around your place for a day or two and swap ideas and information. Really busting to hit the road and meet you. Please write soon.

**Ms. Leslie McIntyre,
King George Street,
CALLALA BEACH 2540.**

Dear Grass Roots Readers,

Barry and I started life together on a large farm in Forbes N.S.W. where we rented the old farmhouse and kept the gates closed on the livestock for the owner and ensured they had hay in times of flood. We had a large vegie plot, two dogs, four cats and five goats, one of which we milked to hand rear one of the others.

For reasons that aren't relevant here we moved to the city 4½ years ago but we're country folks at heart and since the arrival of our daughter (now 10 months old), the hankering for fresh air and my need for Barry's help in rearing our children, and Barry's need to spend time with us, has reached the desperate limits. But we have little money and were despairing of ever achieving our dream.

Whilst in Ashmore Village, Gold Coast, recently visiting Barry's family, they made some proposals which will give us the opportunity to get some money saved and that land of ours. The proposals are a caravan on their block, rent free, and a well paid job for Barry. As we had both loved what we saw of Cunningham's Gap (The Great Dividing Range near Ipswich) on the way through, we were both very excited. Having checked out some of the papers for land, we are taking up the offer and expect to be Gold Coast bound within three months. Barry will still be working for a while but we can see that it won't be forever and there is family to help out with Chani when her needs overwhelm me.

By the time everything is organised, we think we might even have enough money left for the deposit on some land so what we're asking is for information anyone can give us regarding at least 10 acres, mostly uncleared, with good soil and plenty of water, a continuously running

creek if possible; a dwelling of any sort would be an added bonus but is not essential. If this place is within about an hour's drive from the Gold Coast, all the better, as Barry could then work whilst we get things well established.

We don't know anyone outside of family in that area and would be very happy to hear from Grass Roots type people thereabouts and also any advice they can offer prospective - hopefully - self-sufficient persons. You could write C/- House, 11 Murumba Drive, Ashmore Village 4215 or our address below.

**Mairhi & Barry Zitken Simpson,
2 Gordon Street,
RICHMOND 3121.**

Dear Readers,

I am wanting to know if anyone is interested in travelling up north on a working holiday starting from Melbourne sometime this April or thereabouts. I plan to travel up the east coast of Australia through to Cape York Peninsula then across to Darwin. From there setting off south to Alice Springs or perhaps travelling further west.

Since I have been studying at university in Canberra for the past two years I have not been in the position to save much money. However, by April I hope to have saved enough money to start me off on my travels. Due to little money, I'll be hitching rides and taking cheap rail fares, camping out most of the time, or staying at youth hostels or wherever friendly people are willing to put me up in exchange for a helping hand.

Having deferred my course for a year, I plan to return to Canberra by March 1983. However, my future plans are far from finalised concerning both exactly which parts I want to travel through and when I shall return, since I want to allow both myself and travelling companions the freedom for our interests and concerns to guide us as we travel on.

I am 21 and would be very happy if anyone roughly in my age group would be interested in writing to me so that we can exchange ideas and find out if we can get along together travelling. Hope to hear from you soon.

**Louise Smith,
23 King Street,
RICHMOND 3121.**

Dear Friends,

I am a student in my final year of studying for a degree in agricultural crop science at Edinburgh University. After graduation in June 1982 my long term aim is to work as an agricultural volunteer at a grass roots village level in the Third World.

I have recently become very interested in organic methods of farming with an emphasis on self-sufficiency and I believe that such techniques appropriately applied in the Third World could radically help to alleviate poverty. I am very keen to gain some first hand practical experience before becoming a volunteer, by working on an organic farm for a year. I am looking for a place on a farm from September 1982 for about a year. I have had previous agricultural holiday experience in dairying, soft fruit picking in Britain, on a hill farm in Norway (goats, sheep and hay-making), on a kibbutz in Israel and in a plant diseases clinic in Hawaii.

**Fiona Smith,
32 Winton Grove,
Fairmilehead,
Edinburgh,
SCOTLAND.
E.H. 107 A.S..**



Feedback Link-Up Feedback

Dear Grass Roots Intelligent Readers,

Frequently, while driving around the country, we see old rusted-out rain water tanks left lying in unsightly heaps in paddocks. Having one on our own farmlet, we were wondering about ideas by which these can be recycled usefully about the farm.

We have thought about growing sunflowers and collecting the seeds for our own use. Does anyone know a straightforward method of dehulling the sunflowers? The prospect of doing each seed individually is rather daunting.

Do you know of any simple method of extracting the oil from sunflower seeds? We would be interested in either a design to make our own oil press, a supplier of oil presses or some alternative method if such is available.

We have managed to keep alive a well shot ginger root but are rather ignorant on the culture of this plant. Can anyone help us with information on how to grow it, what conditions are the most favourable, when do you harvest it and how? What is the best method of keeping the ginger and how do you make it into ground ginger?

Shalom.

**Russell & Janette Trebilcock,
P.O. Box 560,
DENILQUIN 2710.**

Dear Meg,

I'm just reading your 'Down Home on the Farm' segment in a back issue (No. 23), and my heart went out to you. You may already have found the answer to your fox and dying turkey chick problems but here are a couple of remedies you may like to try - they work for us and a lot of other people we know.

To keep foxes away pour Phenol disinfectant around the outsides of your pens and around any broodies that are sitting outside of the pens. I don't know if the foxes really dislike the smell or it's just too strong for them to pick up the scent of the hens, but it certainly keeps them away. It also keeps them out of lambing paddocks if poured around the fence line. The only drawback is that it must be replaced after rain.

Turkey and pea chicks must have plenty of finely chopped onion and onion greens for the first few weeks. For some reason they are very susceptible to almost everything for the first 8-12 weeks and the onion helps fight off any infection by acting as an antibiotic.

**Doug, Wendy & Shannon Lawson,
Box 31,
PEMBERTON 6260.**

Dear Folk,

Thank you for your kind thoughts and suggestions. Alas no, we have not found the ultimate answer to foxes. They obviously see our place as 'easy' and have become a problem once more. I have written in more detail in Down Home on the Farm so shall be brief here. I have followed your suggestion and used it around the chook houses that could, with a little determination, be broken into. So far so good. Obviously we must replace all our old houses with fox-proof ones, wire in tops of yards, put the Weldmesh a foot underground and train the tree chooks to perch up really high.

On the suggestion of chopped onion, I have been using garlic (which contains quite similar properties) for a year now and have found it keeps everything away (including us!) except coccidiosis. Any thoughts?
Meg Miller.

Dear G.R. Readers,

We are two families planning to move to the country later this year and try to live self-sufficient lives. We are building mud brick houses and will have a wind generator backed by a solar system which will give us only a 12 volt power supply. At the moment, the main problems we can see are our washing and ironing and we're wondering if anyone can help with suggestions. We will answer any letters we receive.

**Marilyn & Mavis Rowe,
7 Market Street,
WEST FOOTSCRAY 3012.**

Dear Friends,

I'm glad not everyone has the same cold attitude similar to that of Cathy and Alricha (Feedback G.R. 28) from Bellangry. Is a single person who is trying to make a new life in a lowly-populated area, some kind of deviant for using Link-up as a hope of dalliance?

I wonder if Cathy or Alricha realise some people are very shy, therefore miss chances to form full relationships. There are certainly more reasons than 'not wanting or attracting women'. You may be happy and secure in your relationships(s) but there are a lot of people who aren't lucky enough to be experiencing this at the moment.

Nell.

Dear Fellow Readers,

I am writing in the hope that someone may be able to help us. If anyone knows of any good, cheap land around Bega (bottom of N.S.W.) could you please contact us? We have \$3,000 cash for a deposit and are interested in about five acres. We, like most readers would love to live self-sufficiently.

We are both 22 years old, love the land and ocean, and most important, love each other. We have just become engaged after knowing each other for eight years, and have dreams of building our own house, having a vegetable garden, chooks for fresh eggs, etc.

Marty (my fiance) started a horticultural course a few years ago but left soon after he found the college was polluting the river. But nevertheless, he has had experience working on farms, in nurseries and working with landscapers, so nothing is lost, plus we have both done a lot of travelling. Does anybody know of a college, etc. around Bega that takes on full time or part time students in horticulture as Marty is interested in commencing the course again.

At the moment I'm studying for my state finals in nursing and hopefully will become a sister. If there are any readers around Bega who would like to write to us, please do, as we don't know anyone from that region. All letters will be answered in good time.

**Maire and Marty,
61 Norfolk Road,
EPPING 2121.**

Dear Grass Roots Readers,

I am a teacher with three of my five children living at home with me. We came to Adelaide three years ago from our farm after I suffered from a rather severe injury in a bush-walking accident.

We find city life very confining and lonely as we do not have the opportunity of meeting many like-minded people as we are without private transport and public transport in our area leaves a lot to be desired.

We are contemplating a return to a self-sufficient lifestyle and hope to return to N.S.W. in search of our dream in the near future. We have to sell our property here in Adelaide first and are in the process of renovating our house with this end in mind.

I am interested in goats, poultry (particularly ducks and geese and would like to become involved in guinea fowl as well), and am also keen on crafts, leather work, spinning and needlework, and have become very interested in china painting.

I would like to build an energy efficient house (we have been thinking along mud brick lines or underground) and provide as much of our own food as possible. I also have a dream of having a craft shop - come tea room set-up where we could have people come to browse and be able to offer them a light meal or morning or afternoon tea along our style of eating which tends to be whole foods and vegetarian.

I would love to meet somebody who thinks along similar lines as I have been on my own now with my children for 11 years, so if there is a tall guy around the early forties who would like to write to me and perhaps, in time, share in my dreams, I would love to hear from him.

As well I would appreciate letters from anyone in their forties who has taken the plunge and is living the life that we love.

**Geraldine Button,
106 Brentwood Dr.,
HACKHAM WEST 5163.**

Educating Grass Roots Children

By Abigail Neville, Luddenhall, N.S.



How lovely to know we have met so many of the Grass Roots family through the pages of the superb Bumper Book. I treasure my copy, but I still find it hard to believe that over a year has passed since I first decided to write something for Grass Roots.

A lot has happened. We still have General Motor and he still chugs away faithfully, while the Corporal, a small alternator we use just for lighting and odd things, has driven two motors to suicide, and is now demolishing a third. We do have a diesel for the General, but have yet to get 'round to hooking it up. It will be a big job and needs planning.

A few months ago my father died. We were desolate — one of our little band has gone on without us. Dad was a 'grass roots' man and he believed passionately in self-sufficiency. Indeed, he introduced us to this lovely magazine. It was his favourite publication and it gladdened him to see so many young people turning their backs on a society he also despised. He had planned an old age of total self-sufficiency and had always preferred to do everything himself. He had a powerful personality and left a huge gap in our lives, but to the end he was entirely self-contained. To him, it became a state of mind, a way of

being. It takes courage to be like this and courage my father had, in abundance.

Our quiet little village has changed too. A new estate has grown immensely, there are new houses everywhere, and now the threat of a second airport is hanging over our heads. It is unthinkable that any government would deliberately destroy a growing community by rolling a runway over it, but so far we have had no assurance that this will not happen.

Thankfully the fifty blessed acres that surround us remains untouched and we continue to enjoy a relatively uninterrupted view of the Blue Mountains. We have created a comfortable home here. Himself has built some sturdy pine furniture, including the lovely big work bench on which sits my typewriter and half finished masterpieces. The rest has come from Narellan Auction, a good source of reasonably priced stuff. When we went north with the showmen three years ago, we sold everything worth selling and gave away the rest, since we were so sure we would not come back. But we did, and have had virtually to start from scratch again!

We have solved the soil problem by carting well rotted compost from my father's old stables and building new

beds on the old ground. So far we have corn, parsley, mint and a rosemary bush to which I have added lavender. A herb garden is my dearest wish. Even the rosemary is flourishing for me. I have often tried to grow the sacred herb and not succeeded. I have heard it is the sign of a happy home, though others tell me it is the sign of a woman wearing the pants in the house — not sure himself would agree with that!

Meanwhile, at my father's place, the fruit canes he planted have finally burst into life and alas, he is not here to taste the fruit of his hard work.

We still cherish our dream of buying some land and building our own unique house just the way we want it, but we are not sad as the dream remains just that. We know how lucky we are. It saddens me more to read such unhappy letters in Feedback, from desperate people begging for release from their unhappy circumstances. Well, I know the feeling of longing so madly for 'someday' to arrive that you can't bear it, but I know also that while I was doing this the real 'now' was slipping away, never to be reclaimed. If 'someday' never comes, all that precious time has been wasted — lost. Now is the time to live. Wherever you are, you can find some joy in the day, cuddling a loved one, or enjoying the feeling of creating some unique article all by yourself. Hopes and dreams should support and nurture you, not drive and torment you.

But I have rambled on enough. I must get down to business. I want to talk about children and the problems all Grass Roots people face in trying to get the best education for them. I have already mentioned that three years ago we upped stakes and went north with the travelling showmen. Himself is a handyman *par excellence*, and his job on the shows was to fix up those mad space invader machines and keep them running. It was a hard trip, one I wouldn't have missed though, and I might tell you about it sometime, if you want to hear. The whole point was that we had to take our five year old son out of kinder to do the trip.

Now the showmen get round the problem in various unsatisfactory ways. They send their children to boarding school, which disrupts their family life, or they just allow them to attend various schools *en route*, which disrupts their education. As the law states a child must attend school from the age of seven, I felt it was O.K. for me to take over my son's kinder lessons, especially as he had already learned to spell and count at home with me before starting kinder. I obtained copies of the right books for that age from a school book supplier and made up lots of 'stencils' by hand. If you have children at school you will know what they are — if not, they are simply roneoed copies of various exercises in spelling, shape matching, etc. You know the kind of thing — which shape is the odd one out? Which of these things start with 'A'? Every day I set up school in the caravan and put the lad through his lessons. Of course, his little sister wanted to join in,

resulting in her having a reading age of seven by the time she started school at four and a half. I discovered then, that given half a chance, a child will be eager to learn and especially enjoys sharing skills with a parent. I could read and write and was seen to be enjoying these skills, so naturally my little ones wanted to learn too. I see no reason not to pass on what I know, just like tying a shoelace or learning to make your own sandwiches — if you can read, write and add up, why not show your children how to do it, if they want to know? There is no great mystique about teaching. Anyone can do it. I took as a rule the idea that one should start as one means to go on, minimising the amount of re-learning a child has to do. I found the phonics method to be definitely the quickest way of teaching my children to read, but I did not try to simplify the language or spelling — as a word was, so they learned it. I began by making up little cards on which was spelt the letters of their name. Thus they knew right from the start that whole words were made up of little sounds and letters. I made a game of it, mixing up the letters so they could get them in their correct order, and in time we graduated to simple sentences, with whole words written on cards. You could try the Glenn Doman method of whole words on flash cards. I honestly believe anything works on small children. They love to learn. Counting is easy — you just start right at the dinner table, counting out the plates and cups and forks and so on. Right away, the child is getting the concept of 'sets'. Mathematics is everything and mathematical concepts are the easiest to impart to a child.

Contrary to all the fears I have heard expressed by teachers, none of this interference of mine did damage to their years at school. Quite the contrary. They settled in quickly and easily being fully familiar with stencils, reading books, cuisenaire rods and all the other paraphernalia I had experimented with in our pre-school activities. I must admit I didn't try any teaching with the rods as that seemed very specialised, but I just let them play with them as they do in Montessori schools and they discovered many things for themselves.

I knew that I could not avoid sending them to school, though I would gladly have gone on teaching them for years — nor in honesty, did I think I had the right to. They needed the company of other children, the chance to work with materials I could not afford, such as finger paint, crafts and later, chemistry and scientific subjects. All this is available in our state schools, free. All that is missing in many cases is the right kind of philosophy to go with it. But we, the parents, can change that. It is changing now. The school my children attend has many academic assets, but its greatest attraction is the teachers — all of them approachable, interested and not sunk into narrow ways of thinking. Where we run into difficulties is with some of the other children and their parents, who are unsettled by people who do not fit into the usual categories. But this is actively discouraged by the headmaster, so we realise our children are fortunate in having their parents' attitudes

reinforced at school. We believe in live and let live, too. While the state school system is the only one available to most of us, that is how it must be done — by gentle insistence on our right to live the way we do, and on our right to actively interfere in our child's education.

The real answer, of course, is to be found in *The Early Years* on p. 94, and in issue No. 28 on p. 103. (I hope Robyn Murray and her people have met up with that teacher who was looking for a commune in an earlier issue!) Of course, Grass Roots people must eventually build their own schools, so that children will learn everything they need to know — not just the height of a mountain in South America, but what grows there, should they one day plan to live there! My children's teacher remarked that she often got into trouble for not concentrating enough on academic matters, favouring instead the practice of introducing the children to crafts, music and the ability to simply look and enjoy 'the whole person', as she called it. Well, I fully agree with her methods, and I am glad she is teaching my children next term, as well.

When my son was tiny, I wrote down my ideas on the ideal curriculum, the things a growing human in today's world should be taught. Perhaps you'd like to hear them? I called it *Ecola Vitae*, the school of life, and determined that each child should acquire those accomplishments which ensure self-sufficiency, confidence, compassion and control. He or she should be able to reason, to care for bodily needs and have certain survival skills. I would have cooking and nutrition on the curriculum, with particular emphasis on the use of herbs and adequate diet for prevention of bodily ills and simple cures. Basic mending skills would be there — every child should know how to sew on a button, do up a seam and generally keep their clothes in order, also maintenance of their own property such as bikes, etc., should be their own responsibility. Knowledge of the body would receive much more emphasis than it does in the usual curriculum, especially for girls. I have been collecting relevant material to fill up those gaps. People should know as much about themselves as there is to know. Writing, reading, etc., would come under the general heading of communication and the children would be encouraged to write letters and edit their own papers to give them more communication skills, very vital to future peace and harmony. Since mathematics is the basis of everything we do, it would be treated as such, and not as a separate, esoteric subject that girls, and boys who like football, simply cannot do! They would learn about the world around them, the creatures they share it with and the place of everything in the ecological scheme of things, and later the concept of the world in its place in the larger universe would be introduced. On this level they would be taught meditation and the value of a spiritual life. But the choice of religion would be left to them, if they so wished to choose. Then there would be the acquisition of 'free' skills, which simply

means freeing the spontaneous resources in all of us. These skills would be music, without which life has no flavour at all, dance — not necessarily classical. I mean free movement, joyous movement, even skipping, running, exercises, but not in a controlled 'Hike up your gym slippers, girls, it's PT' way, but in a joyful way, while the child learns to control body movements through play. Music and dance would be combined in my curriculum by allowing the children full access to the rich resources of international folk music, and they would be encouraged to write their own songs and create their own dances and dramas. Which would bring us to entertainment skills — creating puppet shows, magic tricks, shadow play, story telling and the whole spectrum of human delights. Arts would of course, be considered a 'free' skill, too, with plenty of materials, from paint to clay, available for experiment.

Well, that's got all that off my chest and thank you for listening. If anyone out there has similar ideas or simply wants to exchange ideas for pre-school activities, I would be happy to correspond. In closing, to every parent out there in Grass Roots country I would simply like to say, that not even the worst school can completely destroy your child's integrity if he sees in you the living embodiment of love, kindness and joy. It's a tall order, but those are the only weapons most of us have to fight the current education system. Of course we are not perfect, and we often fail, too, but we must never despair. Give the kids credit for knowing what's good for them.

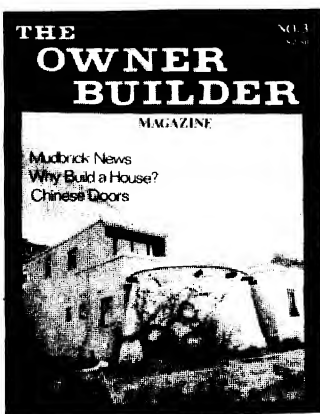
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By Chris Wright, Gin Gin, Qld.

Materials required:

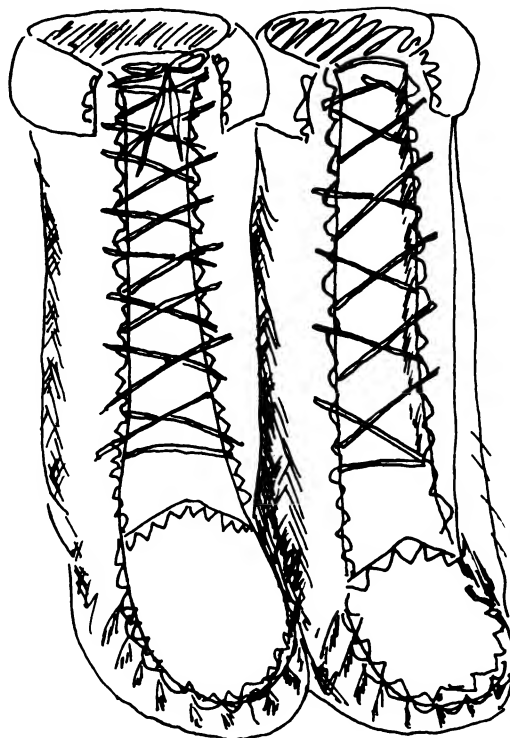
- 1 sheepskin approx. 1 sq. m.
- 5 skeins stranded cotton
- 1 gloving needle
- 1 pair rubber soles (size to fit)
- Sole stick glue
- Sharp scissors
- 2 long boot laces
- Eyelet punch
- 50 eyelets
- Hole punch

Cut out of the sheepskin: 2 main pieces, 2 tops, 2 tongues and 2 back pieces. Before cutting out, lay all pieces on to sheepskin to ensure they will all fit. When arranged, trace around them in pencil (can be rubbed out if a mistake is made), then cut out the pieces.

All stitching is sewn in gloving stitch (stitching twice in the same place) and the yarn used to sew the boots is stranded cotton. Sew top to base of boot, easing in the base section to fit. Next sew tongue to top of boot, then join the back and the back flap together. Stitch the back to the side pieces and finally, stitch around the edges of the boot.

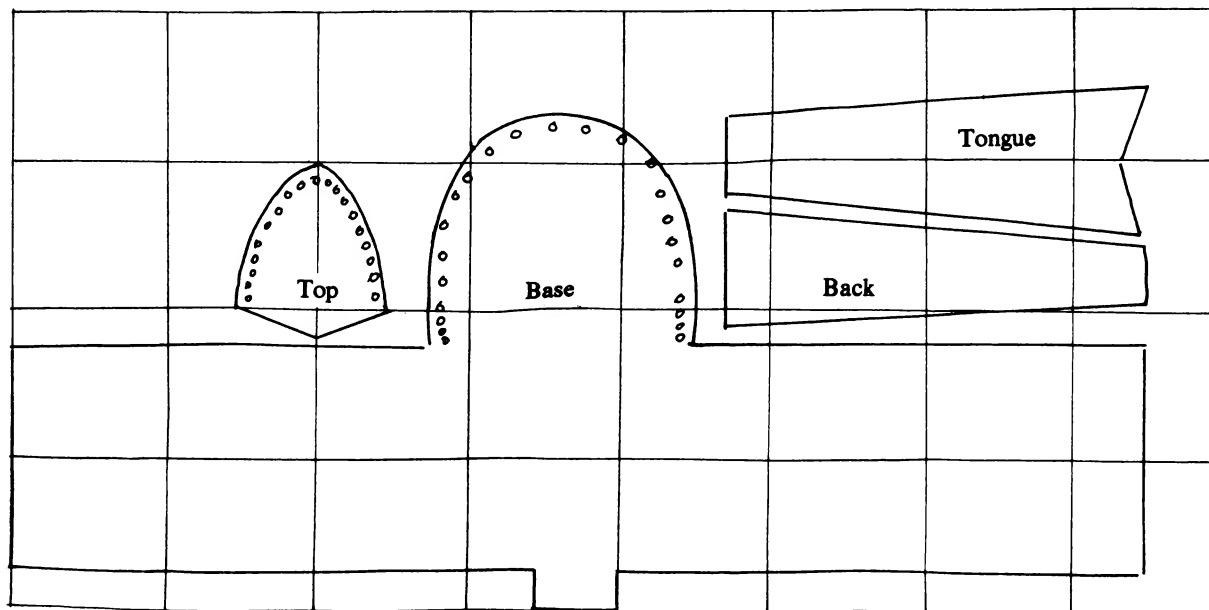
Punch holes at 1cm in from the edge and approximately 4cm apart, along the edges of the front of side pieces. Place eyelets in these holes.

Finally lace up the boots with boot laces.



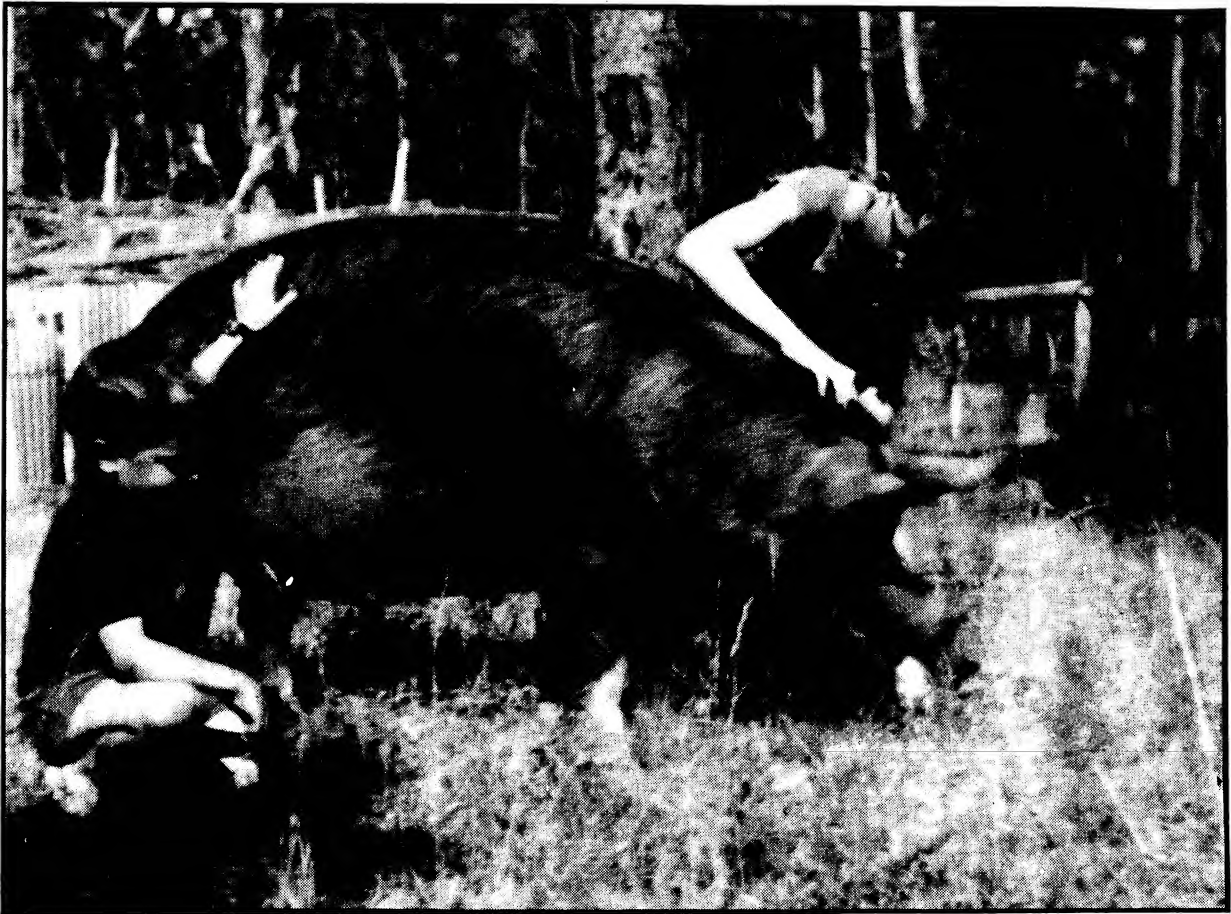
1 sq equals 10cm.

To fit average foot.



KEEPING A PIG

By Fil & Linda Cullum, Thirlmere, N.S.W.



Our children, Luke and Sean, with Hermione the pig.

Something which seems to have been neglected in Grass Roots since I've been reading it — excellent though it is — is the household sow. As a child in Devon, U.K., most cottagers kept a pig in the backyard, either to breed from or to 'fatten'. If it was a fatterer, then on the appropriate Saturday afternoon for slaughtering the pig, all the local pig fanciers would congregate with jugs of cider and spend an hour or two discussing its merits. Tastes differed in those days. A really good pig then was gross, having a fat covering of three inches deep and so large its feet could hardly support it. Whilst the cider was being drunk the cottagers' wives frantically boiled coppers of water in readiness for the de-hairing operation on the slaughtered pig which would then be butchered immediately as the meat was not hung in those days. Today we look for a leaner type of meat with the commercial producer going to the extreme of the Landrace breed for high bacon production. This pig is so long it almost needs six legs, and is too hybridised for backyard production. But I feel many Grass Rooters could benefit from keeping a sow; Berkshire, Saddleback

or Tamworth are smaller breeds, better foragers, excellent mothers and very affectionate. These pigs are black, black and white or red and because of their colouring which shows through in the skin pigmentation they are not favoured by butchers. However if a black sow is mated to a white boar the progeny will be entirely white and therefore marketable without prejudice.

We purchased our Berkshire sow — Hermione — at the Royal Sydney Show for \$150 as a 'maiden gilt' i.e. an unmated young sow, but a list of local breeders can be obtained from the Department of Agriculture. The cost of a maintenance ration for a sow being fed commercial pellets is \$4 per week; this increases when sow is near to farrowing and when suckling young. Costs can be reduced by growing supplementary feed e.g. maize, millet, grass, root crops, etc., plus all kitchen waste, fresh offal, etc. In return the sow will produce two litters per year usually between seven to ten piglets per litter. This will give the family plenty of pork to eat plus a fair amount to market. She will also supply an excellent fertiliser. We have three runs of approximately 40 by 20 yards each with a shelter-

shed built so that it serves the three runs, thus we are able to rotate these runs between pig and vegetable patch.

Pigs need a very strong enclosure with particular emphasis on the lower part of the fence. We made the shelter with an apex roof so that we had an upper level floor to house the chickens. Foxes will not attack fowls that are so close to pigs! Fresh water should always be available in a container which the pig cannot climb into. Pigs do not like the heat and in hot weather should have access to a 'wallow' if possible — she will make the hole, you just fill it with water! Alternatively, in excessive heat it will help to pour a bucket of water over her back or hose her down. Another advantage to black pigs is that they are less prone to sunburn than white ones.

It's uneconomic to run a boar for less than five sows, consequently the single sow owner has to ensure the availability of a boar in the neighbourhood. Once your sow is in pig the gestation period is approximately 116 days, or the rule of thumb method is to say three months, three weeks and three days. Usually little assistance is needed when farrowing, however a 'creep' is desirable to lessen the risk of the young being crushed. A 'creep' is a partitioned section adjoining the farrowing area which only the piglets can enter and provides heat in the form of a strong light bulb plus food and water. 'Starter' pellets should be fed for the first four weeks, then proceed to 'grower' pellets. Piglets should be weaned between 4-6 weeks of age and will grow to a live weight of 150 lbs in about 4-5 months. They should be contained in a fairly

small area to grow as they are naturally very energetic and will not gain weight if allowed too much exercise space. If a sow develops sore teats shortly after farrowing it may be advisable to clip the tips of the piglets' eye teeth, although we've never found this necessary. A sow has between ten and twelve teats and when three or four days old, each piglet has its own teat, consequently some remain unused and will dry up, giving the udder a lop-sided look. If there are more piglets that teats they will get pushed out and not grow properly. Known as runts, they are best culled out. Once piglets are weaned the sow will start to cycle — usually within 7-10 days — and thence at three weekly intervals, heat lasting 2-3 days.

Once the growers have attained the selected weight required, those not needed for home consumption can be sent to the local abattoir to be slaughtered and de-haired, approximate cost \$10 per head, or you can kill at home and de-hairing is done by immersing carcass in very hot (not boiling) water and rubbing with abrasive cloth such as hessian. Carcass should then be cleaned and hung for one or two days (depending on weather conditions) in a fly proof area.

I think these days most people realise that pigs are not dirty, smelly creatures when kept in decent and clean conditions. However, few people realise what affectionate and intelligent animals they are. We have an assortment of all farm stock and our children spend more time talking and playing with the pigs than any of the other animals.

Calendar Events

Calendar Events is a service in which current events of interest to Grass Roots folk are listed. Courses, workshops, seminars, open day gatherings, markets and similar are all suitable activities for this column. Send in any relevant information in Grass Roots labelling your envelope 'Calendar Events'.

Wind Energy Workshop — Saturday April 24th, 11 a.m. - 5 p.m. Hawkesbury Agricultural College, Richmond 2753.

Further information could be obtained from:

Apace, P.O. Box 81, Wentworth Building, University of Sydney 2006.

Home Study Courses on beef, sheep, pig, horse and dairy farm management, trees on farms. Cost \$100 per course.

Beginners Residential Courses (several days duration) — getting into beef, sheep and dairying. Prices on application.

Further information on courses available.

Principle, MacMillan Rural Studies Centre, P.O. Box 353, WARRAGUL 3820. Phone 056-231-494.

Farmlet Courses

Soil, Pasture and Animal Husbandry for Farmlet Owners — June 3

Land Management for Farmlet Owners — June 7

Do You Want to Live in the Country? — June 17

C.A.E., 256 Flinders Street, MELBOURNE 3000.
Phone 03-652-0611.

Craft and Music Workshops '82 — Caulfield (Vic.) Arts Centre. Brochures available mid April. Courses in leather work, macrame, spinning, stained glass, textiles and more.
For details, further information ring 03-524-3277 or 524-3287.

Agriman Courses

April 24-5 — Jeffrey Method horse handling.

May 22 — Practical course for new farmers.

June 19 — Developing a small vineyard.

Enquiries: Peter Sporle, Agriman, Lyndhurst, Lowdens Road, KILMORE 3601. Phone 057-821-118.

Basic Crafts Courses

April 15 — Soap Making Workshop

May 3 — Natural Wool-dyeing Workshop

May 9 — Paper Making Workshop

Enquiries to: North Riding Living & Learning Co-operative, Rodger Road, PANTON Hill 3759. Ph. 03-719-7506 or 03-719-7409.

Horse Management Courses

Conformation and Structures — Saturdays 10 a.m. - 2 p.m.,
April 17 — July 17.

Reproduction & Breeding — Saturdays 10 a.m. - 2 p.m. —
May 15 — August 21.

Burnley Horticultural College, Swan Street, RICHMOND 3121. Phone 03-810-1580.

IN THE Paddock OR

NON-EXPERT
TRIAL AND ERROR OFFERING:-

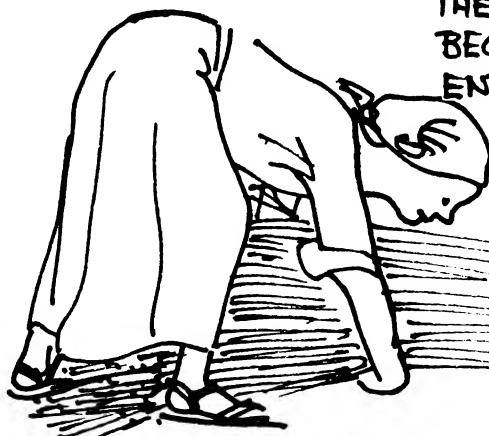
YARD; USING THE SICKLE



PUSH BLADE INTO GRASS CLUMP,
GRASP STEMS WITH FREE HAND,
PULL BLADE TOWARD YOU WITH A
SAWING MOTION.
(WATCH YOUR FINGERS AND TOES!)

STACK GRASS
IN NEAT HEAPS,

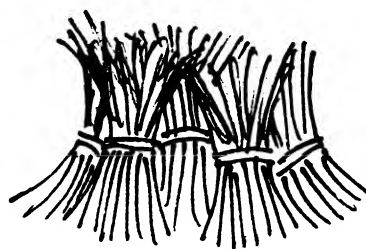
TAKE A
HANDFUL OF
GRASS, DIVIDE
EQUALLY, TEASE OUT LONGER,
THEN WITH GRASS BUTTS AT EACH END
BEGIN TO TWIST A ROPE, TUCKING ONE
END UNDER YOUR ARM.



PASS ROPE UNDER GRASS
BRING TO TOP, PULL (HARD)
AND TWIST BOTH ENDS
TOGETHER.



LOOP TWISTED
ENDS UNDER
TO ADD TENSION
TO BAND.



STAND BACK
AND ADMIRE,
BEFORE
CARTING TO
STORE IN A
DAY OR SO, IF IT DOESN'T RAIN.



Middle Hill Revisited

By Lolo Houbein, Bridgewater, S.A.



Rain! After weeks, nay, months of temperature in the thirties and forties, the eucalypts and all the undergrowth were tinder dry. When the rain started, gently at first, we took billy-cans to the lower grounds to pick the first ripe blackberries. As the rain piddled down softly, the forest began to produce vapours and fragrances until we walked through one huge eucalypt steam bath! The rain increased while we cooked our meal and just now we are standing in the doorway, eating bowls of blackberries and watching the steam rise from the valleys and hillsides. Even as I write, the wonderful fragrant steam has closed in so rapidly that only the trees around the plateau can be seen against the still light evening sky. The sight of this wonderland of misty hills, fragrance of mixed herbs infused, and the smell of earth revived, makes you forget many sweaty days when doing the chores was just that, and the flies were one's constant companion.

We are at last eating some of the fruits of our labours and having lots of mixed salads with herbal additions. And of course pumpkin tips! Burr sprinkled the seed of one butternut in some rubble on the edge of the plateau. It isn't even soil, but the seedlings came up better than the ones we put in the garden and pampered. Although it looks as if we will not have too many pumpkins if the cold sets in soon, the young shoots are trimmed back to encourage the growth of fruit and these I toss lightly in a dollop of coconut cream until tender — a delicious vegetable. In Papua New Guinea, where I learnt to eat them, they were cooked in coconut 'milk', squeezed from grated coconut flesh in warm water. A friend gave me a coconut scraper, which could be home-made if you have a spare cog lying

round. Fit it into a wooden handle, fix handle onto a wooden stool, put bowl underneath and scrape your coconut half out until clean. Other vegetables were also cooked in coconut milk, as were sweet potato and taro. I have sprouted some Queensland sweet potatoes, but although they are thriving now, I doubt they will produce during the winter. Burr's water melons, in the same rubble, are carrying some fruit and both vines will provide an abundance of green manure.

We encourage horse riders to use the bridle paths through the property and by sweeping up after them I have my regular animal manure supply replenished. Six ducks arrived, on loan from a travelling friend, and as well as adding to the manure bin they grace the dam with their presence.

The herb garden now has scores of aromatic herbs, including the beneficial comfrey, yarrow, agrimony and other medicinal plants. Two herbs came up by themselves. A nice example of companion plant's self-regulation! One I have not been able to identify, although its smell is so strong I don't doubt it is useful for something — perhaps a fly repellent. The other is purslane; the fleshy, red-stemmed, creeping weed with the yellow flowers between the dark green oval-shaped leaves. It is a delicious salad and sandwich filling and grows prolifically during hot weather. I have been pointing it out to several visitors who have been uprooting theirs as a noxious weed.

I have to admit to a stupid mistake. The mulch garden, herb garden and shadehouse are situated in that order on a

narrow spit of a bank between the track and the house site, in full sun. Hasty convenience put them there. I hacked enough stones out of the herb garden to have every bed as well as the entire garden surrounded with heaped stone walls 20cm wide. The closer I came to the shadehouse, the less stones. The lesson learned was simple, but left blisters on the hand! The order should have been shadehouse, (on the stoniest outcrop), mulch garden (built on top of newspapers and without digging) and finally herb garden in the lovely, friable soil on which now proudly stands the shadehouse. Yes, indeed — I have since learnt to ponder my choices and turn them around twice, as well as the soil!

The mulch garden, which I reported as a failure last time, also takes no notice of my hasty judgement. Before we left on a five week journey last year, we had laid out a framework of fallen tree trunks, filled it with a layer of newspapers and half a foot of sawdust, plus other mulching materials, mixed a dozen or so packets of vegetable seeds in a bowl, raked it through the mulch, watered it in, blessed it and picked up our suitcases to go to the airport to visit the old ones overseas. We heard later that September was hot and dry so we weren't surprised to find only some pathetic radishes and the ever hardy, but stunted spud grappling with the elements. However, while we extended other garden plots and daily watering (from bucket via hose to galvanised pipe sprinklers) and fortnightly manuring became routine, the mulch garden belatedly turned into a Pandora's box! We'd quite forgotten what we'd put in, and I have a feeling some of it never surfaced at all, but it carries a heavy tomato crop as well as most other vegetables we eat now, plus nasturtiums and a proud sunflower. The latter is one of two of a very old batch of seeds which didn't respond (or maybe the birds carried them off), but it means another 500 fresh seeds for next spring. The way the varieties cling together in the mulch garden made me reflect that regular garden beds are like the bureaucratic society so many grass roots people try to avoid, whereas the mulch garden is like a society where free association is the rule and one chooses to grow or not to grow and alongside whom one likes best.

During the heatwaves I used anything I could find for mulch, but bracken was used for shade as well. They made shady parasols for small plants and seedlings and saved many. But the blackberries soon cooked on the bushes and we lost a few trees — an almond, a fig and a horse chestnut. Meanwhile, in the shadehouse, I pop any pip, fruit stone or kernel into a pot with a marker, water them without demanding a shoot within a fortnight and don't look too often. After half a year an avocado pip sprouted and is now a tender young tree of great beauty. Peppercorn trees are most rewarding. I collect the seeds in summer from parks or the gardens of stately homes I pass (if they hang over the fences). The seeds sprout within a few weeks and are remarkably hardy, as is the full grown tree with its delicate, feathery light green foliage. I have seen them

standing as the last inhabitants in ghost towns deserted half a century ago, producing the only shade for miles around. This week I am gathering acorns hoping to propagate them. And with autumn afoot, I have set up a cold frame of bricks with glass covers, in which egg boxes harbour seeds pilfered from laden flowering gums and other species along roadsides, in parks and in the bush. By moving them indoors later I hope to be able to propagate trees all year round.

By far our greatest inspiration lately has come from listening to 91 year old Sir Richard St. Barbe Baker, that undaunted forester and lover of trees, who spoke about his life and his trees on the ABC's Science Show, late 1980. As a young forester in Kenya he was flush with ideas of conservation and propagation in a time when the official line was market and profit oriented. By daring manipulation of a set of circumstances, he formed the organisation Men of the Trees with his fiend, a local chieftain. It was ceremoniously unaugurated with an impressive tree dance by 3000 couples, under a solitary sacred tree, watched by all the local chiefs. From this beginning grew a monumental tree propagation and planting program that changed the environment in the villages in that area into one of lushness and fertility, while all around the deserts were encroaching. The Men of the Trees, still carrying its (translated) African name, is now becoming a world movement. And not a moment too soon. Barbe Baker proclaimed that the earth will die when two-thirds of its skin is left to burn in the sun, and as the land mass of earth is now left with only a 30% forest cover, the turning point is dangerously with us, despite cloudy periods and a growing proliferation of trees in suburban gardens (in Australia).

Earlier this summer South Australia experienced the worst fly plague for decades and soon enough rumours were heard and seen in the press that this was due to an increase in organic gardeners, whose compost heaps caused this pest to breed so freely. I felt half annoyed (on account of the organic gardeners getting the sole blame), yet half convinced. Organic gardens have hordes of fly-eating skinks and frogs, but on the other hand, ideal breeding conditions also aid critters we don't want around. Thus far we had buried kitchen scraps in new garden plots, but with the advent of more animal manure, wood ashes and even the odd weed, it was time to think about a composting system. We bought three demurely tinted plastic garbage bins of 43cm in diameter, cut half a dozen holes the size of a twenty cent piece in the bottom and also in the lid and glued fly-wire under the lid. These bins stand on a plot that will be used next year, dripping nutritious juices into the soil. They get watered when the garden does and dogs and foxes cannot drag the contents around. With the aid of comfrey and a few yarrow leaves (as learned from Dorothy Hall's *The Natural Health Book*, a wonderfully 'infectious' volume of teachings) the first bin is just about ready after seven weeks. As it takes four

weeks for us to fill a bin, three should keep the system going without a hitch, though two would just do. This small size bin can be lifted onto a wheelbarrow even by a not too strong person, wheeled to the lucky garden plot, and tipped over the edge. And no flies congregate near the bins, so far.

Mice and foxes have been active lately. Both defeat the ingenuity to devise a humane method of asking them to go away. The ducks and the new bantams are locked in securely at night, but the mice were in bed drawers, kitchen supplies, even climbing into a hanging plant to make a burrow in the pot. Oh, for a mouse-catcher like they had in medieval times in Hamelin (Germany), who played the flute so beautifully that it lured all the mice to follow him out of town. Flute players anywhere — worth a try?

Another method of scaring away predators from our food supplies, which was in use before the chemical revolution, is the old scarecrow. Lately I have seen them reappearing in country gardens. People down the road have such a realistic one that I thought a woman in a long skirt and jumper and with a woollen hat on, stood in meditation amongst the fruit trees. Three days later again, a week later still immobile. What is it that would keep birds at a distance when there's ripe fruit on a tree? Such a life-like reconstruction of a human being, or the crossed sticks with wildly flapping coat, flying rags and ropy hair under top hat, straying on the breeze? I wonder whether Grass Roots young readers could make some original scarecrow and send in drawings of their creations, tell how they made them and from what materials. Maybe they could also hide among trees attacked by birds to see how well their scarecrow works.

No scarecrow will keep tomato slugs away. We haven't bothered to battle them, seeing that tomatoes come so plentiful. I've been able to bottle enough sauce and chutney to see us through winter. Strips and clumps of native vegetation left intact between garden beds have ensured that scores of skinks keep down whatever bugs they thrive on. They certainly look sleek and well-fed. People are always surprised to walk down the path to the dam, into a valley covered with native shrubs and wildflowers, and suddenly stumble on a small oasis of edible greenery, and another around the next bush and so on.

Life on Middle Hill has settled into a steady round of pleasant, never-ending duties. We are both gaining stamina and endurance in our middle age instead of steadily declining behind an office desk in the city. When we occasionally visit the city (where I still teach two nights a week) we really enjoy what it has to offer. A recent highlight was an exhibition of Japanese gift wrappings in the State Gallery. This most amazing collection showed what could be done with brown wrapping paper, dabs of red and black paint (lacquer probably), straw, leaves, baskets, simple wooden boxes, folded paper and a great

desire to decorate a gift. I practised on the Christmas presents with ironed out brown paper, red and green textures, ever-lasting, gumleaves, gumnuts and varied dry grasses. Possibilities endless and the care that goes into such a wrapping surrounds the simplest gift with love. The most memorable exhibit to me was a gift of six eggs bound into a bundle of straw, with a loop to hang them up or carry them and a tassel at the bottom.

I never loved rainy days in the city. But out here they mean a revival for the gardens and an excuse to turn to crafts, for home use and to give away. We entered some of our products in the local agricultural show at a nearby village. Burr's beautiful home-made bandloom won a first prize and I found a first and a second pinned onto a crocheted skirt and a wool-stitched cushion I'd entered. We were as thrilled as kids who get a school prize and celebrated with icecream cones and a hearty show lunch which was turned out by the local women. If you are lucky enough to live in a district that still has its show or picnic races with booths, stalls, exhibits and competitions, don't stay away on a small principle of not liking one or another aspect of their way of doing things, but keep it alive by going along to see what the other folks spend their efforts on. Bring your own products along for others to see. That way, country life in Australia will regain the lively character and above all, cohesion it may have had before our cities became so unmanageably big and the media so permeating and levelling. Country shows are an opportunity to gain unity in diversity.



The star herb garden with compost bins and shaghouse.

COUGH MIXTURE

Mix six ounces of liquid honey with two ounces of glycerine and the juice of two lemons. Mix well together, bottle and cork firmly.

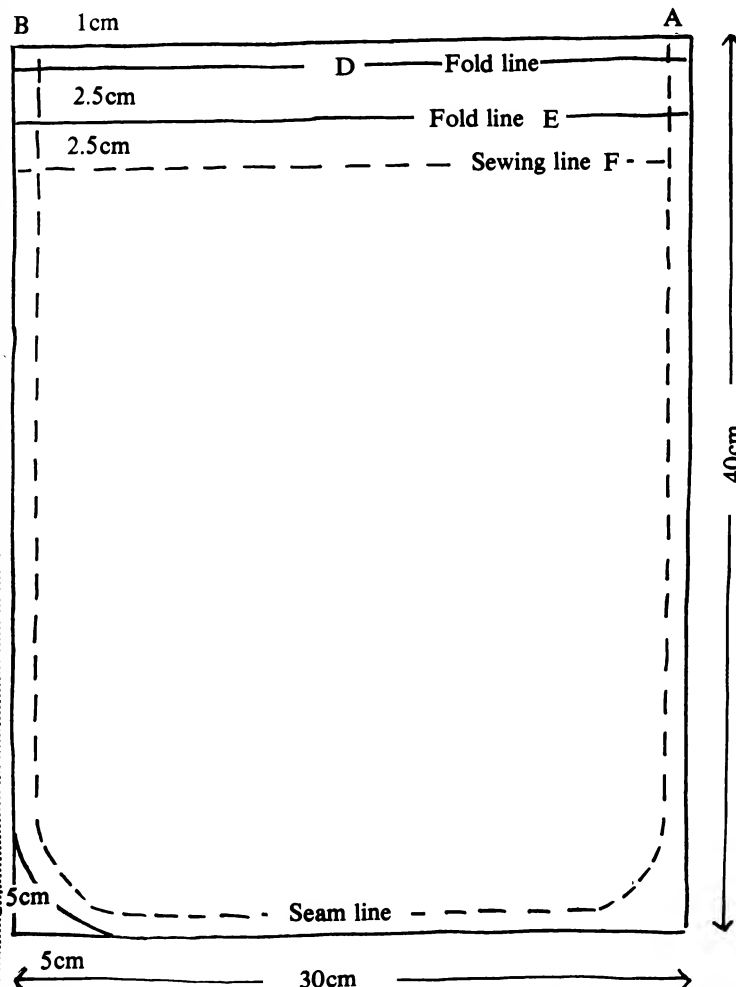
A VERSATILE PRODUCE BAG

or How to Beat Those Plastic Bags

Stephenie Raethel, Yarragon, Vic.

The wastefulness and pollution value of packaging has long concerned me. I've been using a large cane basket when shopping for quite some time and have found it a beaut substitute for arriving home with multiple boxes and plastic bags to have to dispose of. (Maybe not a substitute, but the real thing!). We have just shifted house and I find myself at the greengrocers while I wait for another garden to grow. The plastic bags for greengroceries have always bugged me but I've never seen a creative solution before. Now it has occurred to me to use calico bags — re-usable for years and capable of letting live vegetables breathe. I have used the un-worn parts of an old calico sheet and

threaded twisted cord through the top. The creative possibilities explode — in making and using them. I have set out instructions for a medium size — a few smaller and larger are useful. They are great for packed lunches, and when shopping they are useful for many dry goods as well as at the greengrocers. When you buy something, hand over a calico bag to have it put into. Don't be shy — shopkeepers and market stall holders will certainly thank you, even if it is after you've gone, and they have already told you that you must be crazy. After all, it will save them money. Let's save the packaging.



Directions

With right sides together, cut two pieces 30cm wide and 40cm deep.

For a neat finish mark and cut a curve on bottom corners as shown.

Sew a 1cm seam from A to B. Neaten seam if desired.

On one thickness only, work a 1.2cm buttonhole at C, midway between fold line E and sewing line F. Fold top 1cm to inside of bag, then make another fold 2.5cm further down, so line D just overlaps line F.

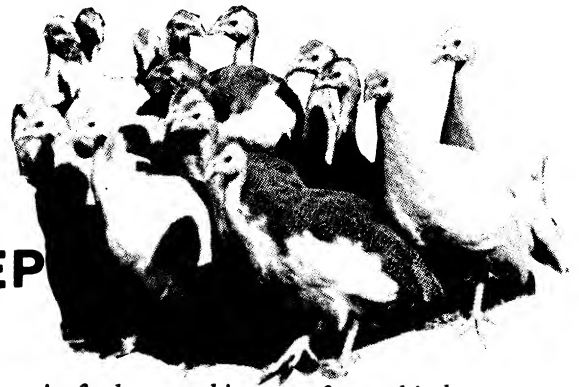
Sew around line F. For a neat finish sew 2mm from edge, right around the top.

Turn right side out and thread 70cm of twisted cord through casing. Tie ends of cord together.

GUINEA FOWL

GOURMET FOOD ON THE CHEEP

By Chris Watkins, Maryborough, Vic.



One of the real advantages of guinea raising is their voracious appetite for bugs and insects of every kind that infest the farmers' fields. And the quantity of weed seeds they consume is enormous. This is an invaluable service they render, while it also turns damaging waste into profitable meat, at scarcely any expense.'

From 'Guinea Fowl' by Van Hoesen-Stromberg.

Guinea fowl can provide your farm with delicious meat and eggs while helping to keep down the insect and weed seed population. Since they will do these things with little effort on your part, surely they deserve to be an important part of the farm.

No matter where you live, the adaptable guinea will thrive. A native of the hot, dry interior of Southern Africa, they have been bred successfully even in the icy wastes of Siberia in open fronted sheds.

Despite years of attempted domestication they still retain many of their wild instincts and shun attempts by man to control their wild spirit. This has disadvantages for ourselves who are building up a game bird farm, but wonderful for the owners of small flocks providing for their own needs.

There are two main varieties of guinea fowl in Australia. The 'pearl' has white dots on dark grey feathers and the 'lavender' has white dots on pale lavender feathers. There are also white-fronted versions of pearls and lavenders (known as pioneer guineas in USA) and pied guineas. White guinea fowl exist overseas, but I have never seen them in Australia.

The usual mating ratio is one cock to four or five hens. Once a flock is established it is unwise to try to introduce a new cock bird into the flock during the breeding season as the other cocks will attempt to kill it or chase it from their territory.

If there is plenty of room the guineas will ignore other types of fowl, but if too closely confined can cause some problems early in the breeding season. On the other hand, a few guineas in the brooder with pheasant chicks of the same age tend to reduce the incidence of cannibalism in pheasants.

The ability of the guinea fowl to forage for a large percentage of its own food can reduce the feed costs of the flock. Supplementary feeding of a game bird breeder ration or turkey breeder ration would be my choice under a free-range system, though acceptable results could be obtained feeding wheat plus green feed if the range is capable of supplying adequate insect life and small seeds.

Another advantage of free-range is the better fertility obtained as against that of birds confined to breeding pens.

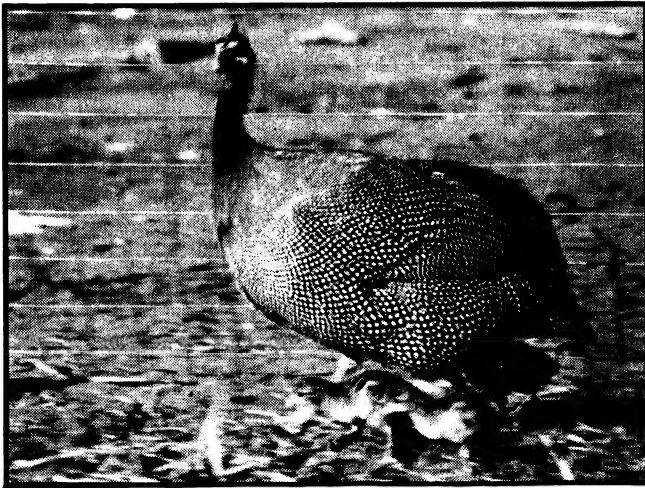
The disadvantages of free-range are mainly the possible loss of birds to foxes and eggs to crows and the difficulty in locating eggs. The fox can be foiled by training your breeders to roost in a shed at dusk but their nature is such that they will prefer to roost high up in a tree.

The great egg-hunt starts around early November and should last until the middle of February. The times will vary according to the locality and seasonal conditions. When our chooks go off the lay due to heat, it seems that the guineas decide it is time to increase their production. Guineas will usually all lay in the one nest and continue there until the nest is unduly disturbed by man, fox or crow. One trick when gathering the eggs is to always leave one third of the eggs in the nest and the birds will continue to use it, but if most of the eggs are removed then their survival instincts take over and a new nest site is found. A favourite location is under low shrubs. Most eggs will be laid by mid-afternoon though some of ours lay as late as six o'clock.

Egg production varies considerably as very little selection has been done on a family basis. Overseas selection work has brought egg production up to two hundred per hen. Currently you may expect fifty to one hundred eggs per season.

In the truly self-sufficient situation, the guinea should be allowed to hatch her own eggs. However, they will tend to go broody on too many eggs and the other hens may continue to lay in the same nest, resulting in eggs of all stages of incubation with few of them hatching.

Incubators may be used by those who wish to hatch eggs at their convenience but a lot of attention must be paid to the operation of the machines. Of course, mains power is essential unless you wish to contend with the erratic nature of the old still air kerosene incubators (they are also quite a fire hazard). The two 'forced draft' incubators I have used that are suitable for small scale production are the 'Multiplo' El Junior Spacemaster and an automatic 'Marsh' Roll-X. Both of these I can



A pearl guinea with young keets.

recommend and have heard good reports from others regarding them. A word of warning — we started with a 144 egg incubator and wondered if we would ever fill it and now we use one that takes over 10,500 eggs!

The way to get maximum use from your guinea flock without the considerable expense of incubators is to make use of broodies. The heavy breeds will cover twenty to twenty-four eggs and a bantam eight to twelve depending on her size. Provide the hen with a quiet spot on the ground with adequate shade, feed and water. Only use a hen free of scaly-leg mite (sump oil and kerosene works well) and free from lice. A lousy hen will be restless and may not stay on the eggs. Additionally, lice will be passed on to the keets (baby guinea fowl chicks) and result in unthrifty chicks and possible death. If the ground is very dry, sprinkle a little water around the nest to maintain humidity. Incubation takes 26 to 28 days.

When the keets hatch provide a clean coop to prevent the hen taking her charges too far when they are very young. After a week or so they will be able to cope with being taken for long walks by their foster mother. Keets are fairly hardy, but be careful of running them on ground that may be heavily infested with worms and a host of poultry diseases. Medicated feeds provide something of a buffer to these diseases and allow the chick to build up an immune system. Most of those reading this article will wish to raise their birds without resorting to the use of manufactured drugs and I therefore repeat that the chicks must be introduced slowly to the diseases to which older birds will have developed some level of immunity.

The most vital time in the development of a chick is the first few weeks and for this reason we feed high protein (30%) game bird starter or a turkey starter or pre-starter. After two weeks we gradually change the feed to a lower protein grower ration. Rations with low levels of medication and in some instances zero medication are available from Milling Industries of Horsham, Victoria and also South Australia. This firm has given very good service and has a wide range of feeds for many types of

stock. (People in the Maryborough area can contact us if they need small quantities of game bird feeds or information on some of the other feeds. We are not agents — merely happy customers).

Guineas are ready for eating at about sixteen weeks of age when they will dress out to approx. 750 gram. The carcass looks small but provides a lot of delicious meat. We feed two adults and two children from one bird. Process as you would other poultry. The best method of cooking we have found for young birds is to slowly roast them with a herb stuffing, basting regularly to avoid drying the meat.

I have left the worst part of guinea raising until last — telling who is what! The two sexes at first glance are very similar. The differences are:

- (1) hens are slightly smaller
- (2) the head of the hen is finer in appearance
- (3) the hen makes a sound similar to 'come-back, come-back'
- (4) the ultimate proof of a hen — eggs!
- (5) the wattles of a hen are small and lie parallel to the head, while those of the cock are large, cup-shaped and sit at right angles to the face.

The above features allow you to sex at about 14 weeks of age — before that it is pure guess work.

Supplies of breeding stock are not always available though the Weekly Times is a good source of information. We usually have young stock available through until April and may be contacted on 054-613-022. Chris Watkins, Tulkara Game Birds, P.O. Box 254, Maryborough 3465.

There are few books around on guinea fowl, but one which is generally procurable is *Guinea Fowl* by Van Hoesen-Stromberg, published by the Stromberg Publishing Coy., U.S.A. This is about \$7.00 and available from Technical Book Coy., 295 Swanston Street, Melbourne 3000. The Department of Primary Industries or Agriculture Department of your state should also be able to assist with notes.



Regular G.R. reader, Kaye Watts of Dubbo sent in this amusing excerpt for would-be guinea breeders.

One of the biggest problems guinea raisers seem to face is sexing their breeding stock. According to the books, the hens say 'buckwheat' while the cocks have only a one-syllable shriek. The problem is, the hens also use that one-syllable shriek. The best way to sex the birds is to close them all in the coop. Then go in with a sack and grab everything that says 'buckwheat'. When the sack is full and there are so many 'buckwheats' you can't tell who's saying what, take it out and start over with a fresh sack. When you've taken out all the birds that say buckwheat, you should have only males left in the house!



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NEW FRUITS

David Bell, Northcote, Vic.

Readers will remember our discussion last issue about two fruit species that are quite new to Australia — the American Highbush blueberry and the American cranberry. This article proposes to deal with another three fruits, only one of which could be claimed as wholly new to Australia. I am speaking of the Mountain Paw Paw. The second fruit, the Strawberry Guava is not new, but is under-valued and therefore uncommon. The third fruit, the Appleberry, is in fact a native of Australia but it is new in so far as it is virtually unknown outside its homeland — the rainforests of Tasmania.

The Mountain Paw Paw

(*Carica Pubescens* syn. *Carica Candamarcensis*) is a very recent introduction that has captured a blaze of attention. It is a very unusual member of the Paw Paw family because it is (as far as we know) frost hardy. It will, and has, grown vigorously and set fruit in Melbourne, in one of that city's colder areas. The plant was discovered, originally in both Columbia and Ecuador at elevations of about 8,000 feet. It was introduced to Great Britain as long ago as 1874 and since then it has been introduced to many countries including the United States and New



A young mountain paw-paw.

Zealand. The paw paw is a beautiful addition to a garden with a straight trunk reaching at times to 20ft and an attractive umbrella-like canopy of leaves. The flowering habit is unusual, as is the case with the tropical papaya. The flowers are usually unisexual, male or female, but occasionally they may be hermaphrodite (bi-sexual). It is common for the sexuality of the plant to change over its lifetime, making its fruit setting very much a matter of chance. Because of this, we recommend that people plant at least two specimens side by side and, if necessary, hand pollinate.

The fruit is deeply five-ribbed, sharply pointed at the apex, deep yellow to orange, and about four inches long. It is not of great commercial significance, although we understand that it is the basis of a canning industry in Chile and is being considered for that purpose in New Zealand where it is already well known.

A friend of ours has suggested that a Mountain Paw Paw halved and filled with fruit salad would make a delicious entree.

The preferred method of propagation is by seed although Bailey's *Standard Cyclopaedia of Horticulture* describes a method of propagation by grafting that is supposed to result in 'astonishing growth' and first year fruit set.

Strawberry or Cherry Guava (*Psidium Cattleiarum*)

The second fruit we wish to discuss is the Strawberry or Cherry Guava. There has been great confusion over the naming of this plant. It is variously called the Purple Guava, the Purple Strawberry Guava, the Strawberry Guava and the Cherry Guava. These are, without question, synonymous. To add to the confusion, there is a yellow variety of the same fruit variously called the Yellow Strawberry Guava, the Yellow Cattleye Guava and the Lemon Guava. These too, are synonymous. We have stated that the tree is under-valued and this is not to be denied. Every customer that has tasted the fruit has marvelled at the beautiful, aromatic flavour and the soft fleshed nature of the fruit. The fruit, about 1 inch in diameter, is juicy and has a similar texture and flavour to a strawberry, hence the popular name. It is very rich in Vitamin C being third behind rose hips and blackcurrants in this regard.

The tree belongs to the same family as the eucalypts and in many respects resembles them. It is a hardy evergreen said to grow to 25ft although in Melbourne, we have not seen one above 12ft. The grey-brown bark is smooth, not unlike the smooth barked eucalypts.

The tree is slow growing but is compensated for by the fact that it bears fruit whilst still small. We have an 18 month old plant that had thirteen fruit this year. Mature trees are absolutely laden with fruit which is first harvested around March and for months afterwards. This tree is to be highly commended for its fruit, its hardiness and its ease of growing.



Yellow cherry guava.

The Appleberry (*Billardiera Longiflora*)

The third fruit is the Appleberry. It is a Tasmanian native climber, a member of a genus of eight known temperate evergreen climbers. It was introduced to Great Britain in 1810 and grows successfully in that country's milder parts.

The fruit is botanically a berry, violet blue when ripe and about 1 inch long. It is a very attractive fruit as is indeed the plant. We can say nothing of the taste as we have not tried one, but A.F. Simmons (see final comments) remarks that it is 'quite agreeable in taste'.

The plant is an evergreen climber of a twining habit growing to about 5ft. It is therefore ideal on suburban fences because it will not climb over the fence onto the neighbour's side. Plants can be propagated from seed or cuttings, and planted out in spring.

Final Comments

Successful fruit growing requires both experience and learning. We have studied much of the literature and have

settled upon two books that ought to be standard references in your library.

The first, Alan F. Simmons, *Growing Unusual Fruit* published by David and Charles Limited, South Devon House, Newton Abbot, Devon. This book briefly covers 87 rare or unusual fruits e.g. the Barberry, the Custard Banana, Eve's Date and Mombin Fruit as well as blueberries, persimmons and cranberries.

The second, Leslie Johns and Violet Stevenson, *The Complete Book of Fruit* published by Angus & Robertson. We cannot commend this book enough. It is both informative and beautifully illustrated. It too deals with unusual fruits like the Coco Plum, the Cashew Apple, the Mangosteen and the Caranbola. Its information is much more complete and its appendices thoroughly useful. As a bonus it is packed with recipes.

APOLOGIES

In the New Fruits article in G.R. 29, p.42 we had a photograph labelled 'Eighteen-month old blueberry'. The photo, unfortunately, was not a blueberry, but a feijoa.

When we published the abovementioned article and advertisement on p.72, we were unaware that David's nursery, 'Julie's Nufruits' had closed down. David has now gone on to pursue other interests and we apologize for any inconvenience this may have caused. David suggests that if people are interested in obtaining rare and unusual fruits contact the following:

- New Gippsland Seed Farm,
Queens Road,
SILVAN 3795.
- Going Solar,
320 Victoria Street,
NORTH MELBOURNE 3051.
- Mountainblue Rare Fruits,
Waltons Road,
FEDERAL 2480.

HANDY HINT

To prevent the juice of chokoes sticking to the hands, peel them before peeling the potatoes. The juice of the potato seems to counteract the stickiness.

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WHAT IS HOMOEOPATHY?

By Homoeopathic College of Australia.

There is no simple way to answer such a question. Most people refer to it as 'some sort of natural medicine using herbs.' This is only partly true; because homoeopathy also uses animal products such as snake venom, live ants, bee venom, and minerals of natural origin such as oyster shells, pumice stones, etc. Perhaps it is best to start by defining the word 'homoeopathy' itself. It comes from the Greek word *Homios* meaning similar and *Pathos* meaning disease. It is therefore a branch of medicine that treats disease using the law of similars i.e. cures like with like. This is a principle similar to vaccination. The second thing to remember is that homoeopathy uses the minimum dose, in more frequent repetition, rather than larger toxic doses. Homoeopathy therefore cures by leaving no side effects. Indeed, the patient 'feels good' soon after recovering from an illness rather than 'dopey', as is the case with so many drugs.

Because homoeopathy has accumulated knowledge of the curative effects of plants, etc., for over 170 years, today's homoeopaths have no less than 2,500 remedies to choose from. In contrast, because so many drugs are removed from the market, for reasons of toxicity, allopaths or simply G.P.s have a mere 250 drugs at their disposal — this, in spite of new discoveries. Therefore, with such a wealth of remedies at their disposal, homoeopaths can and do have a much wider range of action. For example, such conditions as sinusitis, arthritis, the common cold which are classified as 'incurable' by allopaths are quite easily cured by homoeopathy, provided the case is properly studied i.e. homoeopaths do not have cures for this or that disease but rather for the way this or that disease presents itself. For example, a flu with backache will demand quite a different remedy from a flu with headache. A constipation with black and knotty stools will require different medication from one with pale creamy yellow that is passed with straining. Homoeopathic medicines are prescribed according to the way in which the patient's symptoms match those of the medicine. The symptoms of the medicine are those produced in a healthy person by administering toxic doses of that same medicine. In other words, homoeopathy uses minute quantities of the substance which in toxic doses would produce similar symptoms to those experienced by the patient being treated. Here again we see the advantages of homoeopathic experimentation in that drugs are tested on healthy human volunteers and not on caged animals who cannot express their symptoms, including their feelings and moods, to the satisfaction of the observing physician.

This also means that a homoeopath has to know the action of his drug if he is to obtain a cure. In contrast an allopath prescribes according to the recommendations of a drug company and as such does not work according to a set pattern. This then, is the law of similars, as discovered by Samuel Hahnemann. Hahnemann was a German doctor who lived from 1755 to 1843. He discovered the law of similars by experimenting on himself. When Hahnemann died at the age of 88, homoeopathy was well established in Germany, where there was already a hospital. Homoeopathy then spread to Europe where today there are six hospitals in Great Britain and at least one in France — St. Jacques Hospital near Paris — with its own out patient's department, etc. In Belgium, homoeopathy is taught at university and in Germany it is practised by no less than 10,000 medical practitioners. In Great Britain and in the United States of America, homoeopathic medicines are refundable under the National Health Scheme and Medicare respectively. At least two firms in the United States of America have their own Homoeopaths First Aid Centre. In South Africa, so is the case with banks and insurance companies medical aids.

Homoeopathy has not spread to only Europe and America but also to Africa, Asia, Australia, South America and the Middle East. There are no statistics concerning Russia but we do know that it is widely accepted in this country as well as in the rest of the Eastern Block. In India and Pakistan, homoeopathy is taught at university and there are also hospitals, one of which is in New Delhi and the other in Bombay. Altogether 75,000 medical practitioners prescribe homoeopathic medicines in India alone. In South America — Brazil in particular — homoeopathy is widely accepted. Eighty-five per cent of the population follow it according to the latest reports. And of course, we all know that in England, the personal physician of the Queen and of all the other members of the Royal family, is a homoeopath — so is the physician of His Holiness the Pope.

Homoeopathy therefore is 170 years old. What then have we seen since its first discovery? Today homoeopathy is widely accepted in some countries but rejected in others. Is it because it is a fake, because the medics do not like it, the government prohibits it, or because the people themselves do not want it? These must be answered separately. Some say homoeopathy is all in the mind and there is no scientific basis for it. The Indians of the Andes have cured malaria with Peruvian bark for thousands of years without knowing it contained quinine. Just because they didn't know how to analyse it, does not mean it couldn't cure malaria. Even today the effect of

many drugs are not known (the side effects certainly). If it is all in the mind, how is it that infants, unconscious people and animals, can all respond to it? To say that it is unscientific is to show complete ignorance of what is actually science itself. It is a known fact that homoeopathic remedies can effect the antibody level of a person when that person is administered with a preparation specific for that antibody. The effects of homoeopathic digitalis on cardiac conditions, as recorded by an ECG, can also be demonstrated, leave alone the fact that cures speak for themselves. Homoeopathy may very well be in the mind but when it cures such conditions as cholera, syphilis, and other fast and devastating infectious diseases, then this mind power is only achievable with the aid of homoeopathic remedies, and not with powerful allopathic drugs.

Are there any thinkable reasons why doctors would not like homoeopathy and their little pills? Certainly!

In homoeopathy the financial rewards are not so great as in allopathy. A homoeopath can see a maximum of fifteen patients per day while a doctor can see that amount in two hours. Homoeopathy is very demanding and the mental strain is heavy. It's far easier for a doctor to prescribe such and such a drug on the recommendation of this or that drug company for a specific condition than it is for a homoeopath to go through a case history and then dig out of his memory, one of 2,500 drugs that he thinks might be suitable for that particular patient and his type of rheumatism. For example, homoeopathy does not cure the disease, but the patient as a whole. This also means that there is not homoeopathic specialist in the true sense of the word. In other words, a patient complaining of eczema on his left foot is not merely prescribed with a drug specific for eczema but with a drug specific to his type of eczema taking into consideration his whole constitution as well. This means that his personality and general health are also taken into account. For example, if he also has constipation, brittle nails or nosebleeds, then these must be known in order to eradicate his eczema completely and not just relieve it. What makes the allopaths task easier is the fact that he is at ease to refer the patient to a specialist who then treats the nosebleed, etc. as a separate condition, having nothing to do with each other.

Does the government prohibit it and if so why?

No, the government does not prohibit the existence of homoeopaths nor does it stop the patient following his treatment. After all, this is the patient's right to be able to choose his mode of cure. But what the government does instead, is refuse to provide financial grants to homoeopathic institutions wanting to research and prepare more and better drugs. They refuse to open up registration for practitioners so that the genuine is protected from the 'quack'. As a result all homoeopaths are branded as quacks. In spite of all this, homoeopathy survives and its reputation is high. By the government not encouraging medical funds to reimburse patients using

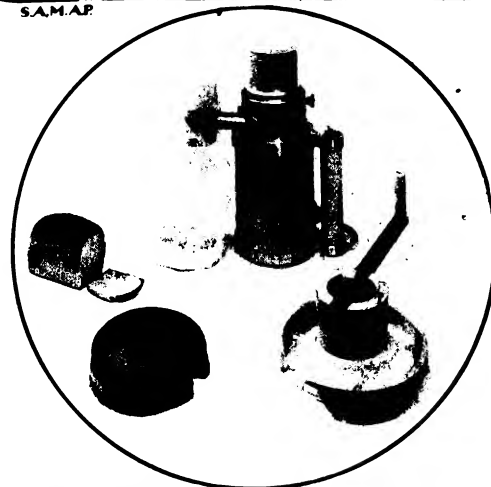
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PAIN

Apply a poultice of comfrey roots to ease pain. To make the poultice, boil the comfrey roots about thirty minutes in small amount of water. Take roots out and add about a cupful of corn-meal to about a pint of the water. Cook the meal until it thickens and then put it on a cloth. Cover with another cloth and place on painful area. This is also good for a sore throat. Apply poultice in the neck area.

homoeopathic treatment, this makes it more expensive to the patient and this in itself reduces the number of patients that would choose to attend a homoeopath. The argument of course, is that medical benefit funds cannot reimburse unregistered and unrecognized practitioners. The question is: why are they not recognized? If countries like England, France, Germany, U.S.A., India, etc. can recognize homoeopathy then surely Australia can also — unless they know better.

Some might say that there is no scientific proof to back it up in order to obtain recognition. The fact is that there is scientific proof except that none is so blind as the one who will not see. Can they ever prove that there is no scientific evidence for all those claims?

Do the people themselves refuse to accept it and if so why?

No, the people do not reject it — they simply don't believe in it. And why don't they believe in it? Because they have been brought up thinking that allopathic drugs are the only drugs that can cure. They are not asked by their parents which doctor they want to see. And because all the publicity is given to the one and not to the other, the child grows up with one idea in mind. For example, at school he is taught hygiene and is explained the reasons for this painful vaccine. On television he sees only ads. concerning orthodox drugs and cough mixtures. At work he is asked to join Medical Benefits or St. John's Ambulance. The blood bank occasionally calls in for a pint or two. At university he is taught only one type of medicine, and wherever he goes he is told of the benefit of a heart transplant or of a tonsil operation. In fact, all he knows and all he hears has to do with the one and same thing. Although he lives in a capitalist country, he is told about the evils of the Karl Marx doctrine but never has heard of the word 'homoeopathy'. So, when he does, no wonder he jumps six feet high and he says, 'I don't believe in it'. The question is: what does it take anyone to believe in something? Logically, it ought to be his own personal experience either in the form of sight, taste, hearing, touch and smell. So, not having had any such experience it is quite natural that he will doubt it, that he will not want to believe in it. To believe in it then is to try it first and this we promise: that should anyone follow this simple reasoning, he shall find for himself that homoeopathy is not a thing of the past, not in the mind but rather a thing of the future.

And even when some do believe in it, they say they find the cost prohibitive. Apart from the fact that the majority of those people can afford these extra medical costs (because in fact they are mainly due to the fact that they cannot claim on medical benefit), these people fail to realize that, firstly, when it concerns one's health this is money well spent, and secondly that to be on palliative treatment for the rest of one's life is in fact more expensive than the 'expensive' homoeopathic treatment that after all, should last only a year or two. Therefore, even with medical benefit compensations homoeopathy is cheaper

in the long run.

Another common argument is 'you cannot cure a hernia or an appendicitis'. *True* homoeopathy cannot. But neither can the allopath. The surgery that is required is not what one would strictly call a cure — it should rather be called 'mechanical repair'. Anyway, even if one was to insist in calling such a procedure a 'cure' then the answer is simple — homoeopaths working in hospitals in France can and do perform such operations. Then, of course, they too can cure a hernia or an appendicitis.

Others think that homoeopaths are against surgery. This is an unfair claim. All they say is that homoeopathy can prevent surgery — not that it replaces it. It can prevent such operations as tonsilectomy, mastectomy (breast removal due to a tumor), gastrectomy as a result of uncured stomach ulcers, etc.

Because homoeopathic medicines are all derived from natural sources they are without side effects, and they are totally compatible with any other drug therapy you may be taking from your doctor.

Homoeopathic substances are acceptable to adults and children alike because only minute quantities of the active ingredient are used. The only taste you will experience is either one of sweetness if taking the pilules or one of the alcohol base if taking drops.

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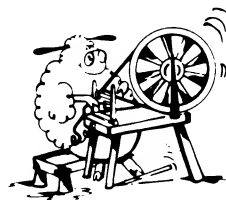
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CURING AND SMOKING MEAT AND FISH

By Frank Povah, Violet Town, Vic.

One of the most important things to remember is that curing and smoking should be confined to the autumn and winter months unless you are lucky enough to be in possession of a coolroom. High temperatures during the process can rapidly turn the meat off, especially in the more humid areas.

We'll deal with the actual smoke house first. There have been two main types in general use over the years — the 'blockhouse' type in which the smoke and meat are in one area, and what I call the 'drum and dunny' type in which the smoke source and the meat are separated. I'll deal with the latter as in many ways it is the easiest to use. With the first type it is almost imperative to use sawdust for the smoking, and these days it is not always easy to obtain. Beware of sawdust that contains treated pine.

For the firebox, a four gallon drum is ideal and for the smokehouse old plywood, mud bricks, etc. will suffice. I have seen 44 gallon drums, old fridges, etc. used but personally I don't like to use metal as I believe it gives the end product a distinct tang. The dimensions of the smokehouse are governed by the size of what you want to smoke but about 4ft by 2ft by 2ft is suitable for most things. The basic requirements are that it be fairly air-tight and weather-proof. You'll need a door on the front — to get this a snug tight fit, you can hang an over-size hessian or canvas curtain behind it, then when the door closes the curtain protrudes at the edges and helps form a seal. Here are the main details of construction:

By having the downpipe at least 3ft long it allows the smoke to cool. This avoids 'cooking' the meat. If the smoke entering the house still feels hot, wrap bags around the pipe and keep them wet. Notice that the inlet and outlet for the smoke are on opposite sides. This forces the smoke to circulate as it rises, trying to find a way out.

What Wood to Use

The most suitable wood is green wood from any of the ti-tree species, but experiment for yourself. I have used red gum, Athol pine and a few others. Red gum gives a very strong flavour. A delicious flavour can be obtained by heaping green citrus leaves and twigs onto the 'fire' for the last couple of hours (beaut for goat). The possibilities are endless. If you have plenty of herbs, try some. The only 'no-no' are pines. The meat tastes like resin I believe, and if the pine has been treated, goodnight!

Get a good bed of coals in your firebox using dry wood then add your green smoking wood. If you *can* obtain identifiable sawdust, use it by all means as it releases you from having to tend the fire so often.

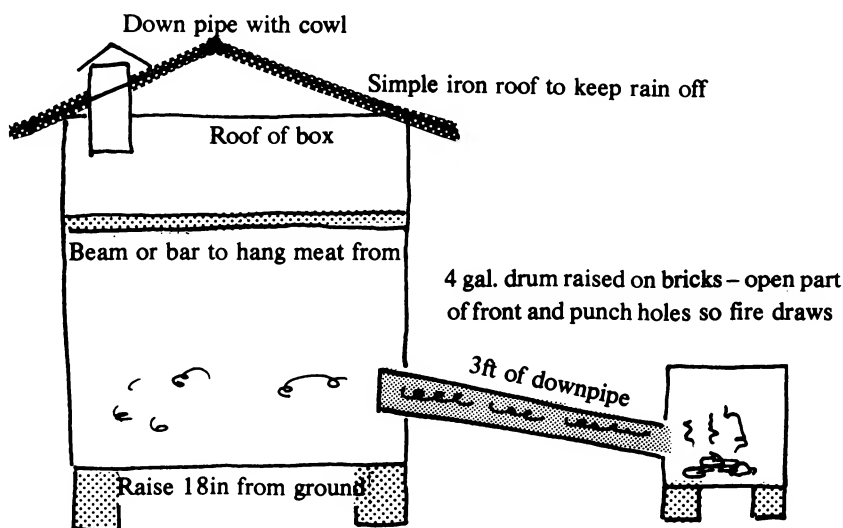
Curing the Meat

The length of time the meat or fish stays in the cure and smoke is dictated by the length of time you want it to keep without refrigeration. However for beginners, I'd tend to think that it might be safer to stick to a few rough guidelines and rely on your fridge.

Fish — 12 hours cure, 12 hours smoke

Pork — 3 weeks cure, 3 weeks smoke

Mutton — 2 weeks cure, 2 weeks smoke



This of course, is dictated by the size of the cut being treated. With pork and mutton it is important to clear all 'oil' from leg joints before curing. Fish is prepared by scoring one side of the backbone and opening flat.

You will need a curing bench made of seasoned wood sloped slightly to allow liquid to drain off. Old concrete or wooden wash tubs are good but keep the plug holes clear.

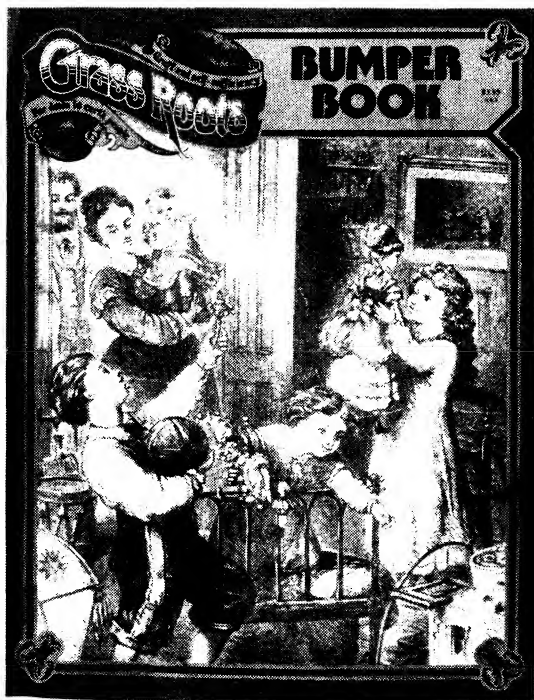
I use brown sugar and salt (coarse) in the proportion of 1:3 plus a handful of peppercorns, cloves and a tablespoon of cayenne pepper (keeps nasties away). Make up enough to do as follows:

Rub the mixture thoroughly into the meat or fish making sure that all crevices are filled. Sprinkle enough of the mixture on the bottom of your tub to take the amount of meat which is laid on it flesh side down, then sprinkle enough over the meat to cover it. Put the rest of the mixture aside in a cool dry place. Repeat this every day (in the case

of meat for a week, for fish after 6 hours) checking to make sure that the flesh is drying out. If you have joints stacked one on the other always have the flesh side down and rotate bottom piece to top each day. After a week (6 hours for fish) take it out, check to see it is reasonably dry, remove the old mixture and dispose of it, rub in fresh and then pack it as before, making sure it is completely covered with the remainder of the mixture. After two more weeks (6 hours for fish) remove and hang in a cool airy place for a couple of hours. Examine, knock surplus salt from the surface and place it in the smokehouse for the required time. Check every day for dryness and to ensure it is not cooking.

Using this method you will need to soak your portions overnight to ensure that most of the salt is soaked out before cooking. As with everything else — practise makes perfect.

THE GRASS ROOTS BUMPER BOOK



Some time ago, in one of our busiest moments, Meg suggested we publish a special Grass Roots for Christmas. I was about to deliver a hasty response when I realized she was serious! After quite a few excellent contributions from readers, and much burning of the midnight oil, we have finished a publication we think you will really love. Some of our regular writers have written their thoughts on Christmas, and what a variety they are, from festivities in Holland to a traditional Australian bush celebration. As well, there is plenty of holiday reading for all ages, plus ideas and instructions for making presents and greeting cards. And to help young and older family members alike, we have listed the many ways of keeping kids occupied during the holidays with projects and resources. The Bumper Book is not just throwaway holiday reading, it is a giant 136 page collection of thoughts, experiences and activities that you will read and use, over and over again. It would make a wonderful gift for yourself and those you cherish.

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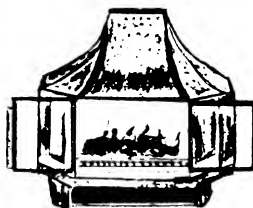
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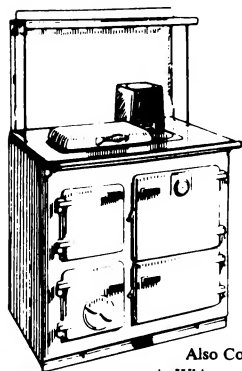
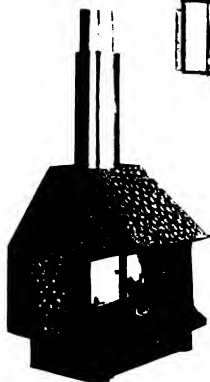
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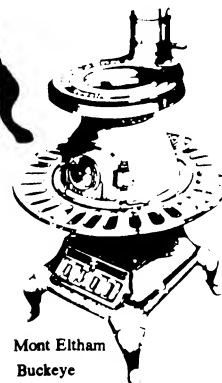
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Jojoba

By Russell Preston, Byron Bay, N.S.W.

Jojoba (pronounced ho-ho-ba) is a native plant of south western U.S.A. and north western Mexico. Its peanut-size seeds yield up to fifty per cent liquid wax which requires little or no refining for use as a lubricant. As a renewable resource, substituting for sperm whale oil and fossil oils in widespread applications, its prospects appear excellent.

No doubt the major plus for people who wish to grow this plant is its resistance to drought, once established, and its ability to thrive in poor, sandy or rocky and often highly saline soil, where nothing else will grow. Its natural habitat is in the deserts of south western North America, where it is found within a few metres of the ocean to around one thousand metres up in the mountains.

Only during its first year or two can it be damaged by frost and then only below minus 5°C. It also requires moderate watering during this period until its long roots have reached deep into the subsoil to gather moisture and nutrients. Then it requires little further attention, except maybe pruning, for its lifespan which exceeds a century.

In appearance, the mature bush could be likened to privet, growing up to three or more metres tall and spreading laterally the same distance from its often multiple trunks. However, it apparently poses no threat as a weed — it has long been known as a valuable browse plant and has been widely planted as an ornamental.

Although it grows no thorns, its closely cropped branches can make harvesting difficult, particularly if the jojoba beans are picked manually. The long term solution may be to design a mechanical shaker that will shake the crop on to sheets spread on the ground where it can be gathered.

POTENTIAL USES

With the current awareness of the need to conserve the world's dwindling resources of raw materials, many people now clearly see the need for renewable sources of energy and fuel. Consequently, various alternatives are already being developed. Maybe not so obvious is the equally important need for a substitute for fossil and animal derived oils. Jojoba appears to provide an admirable substitute in this regard.

Chemically speaking, jojoba bean oil is not a fat but a liquid wax like sperm whale oil. This property differentiates it from other plant derived oils. One great advantage of this difference is that jojoba oil does not become rancid, so it might well replace other vegetable oils in which rancidity is a problem, such as in foods and



cosmetics. It can be used repeatedly to fry foods as it does not quickly become saturated, like other cooking oils. It is also extremely low in calories — in fact it is an appetite suppressant.

As a lubricant in fast moving parts of machinery where pressure or temperature is high, it is first class — some Californians are even adding it to their car engines. In its solid form as a hydrogenated wax, its uses include polishing waxes, candles and protective, waterproof coatings for such things as fruit and paper containers.

CULTIVATION — Environment

Only in the last decade has any serious commercial production been attempted in southern California. Recently, public interest has grown so rapidly that Yermanos referred jokingly to the jojoba following as a religion.

For one thing, there are many unknowns to be contended with before jojoba cultivation — especially outside of its native habitat — can be confidently described as a viable and secure proposition.

Firstly, the enthusiastic novice grower must look at a long term plan, as the plant does not bear seed until about the fifth year. Selection of an area similar to its native habitat is a wise move. As it is a desert plant, its growth responds best to long periods of sunlight, so cloudy coastal and cool mountain areas would probably be unsuitable. Growth is retarded in heavy though maybe more fertile soils, while the immature plants are prone to root rot in poorly drained soil. Such conditions as these are found in most of the settled areas of Australia. The most suitable regions for jojoba appear to be in central N.S.W. where the soil is sufficiently light and coarse, the rainfall is around 250-500mm annually and there is year round sunshine. Where soil quality is right, maybe parts of south western Queensland, inland South Australia and south western West Australia would also be suitable. Certainly anyone even contemplating large scale cultivation of jojoba needs to first look at fulfilling the above conditions. However, if you just want to plant a few experimental trees then you should not be completely put off by these requirements. If you live north of about latitude 35°S, in a relatively dry and sunny area which has a basically Mediterranean climate and citrus adaptability, try

planting in a frost free area in well drained, light soil, maybe on a hillside with a northerly aspect.

CULTIVATION — Method

Plants may be grown directly from seed, from seedlings or rootstock. Irrigation will be necessary for large scale plantings. Both drip irrigation and furrow irrigation are used in California, the latter being far cheaper.

With seedlings, it has been found advantageous to first pre-germinate the seed in large containers filled with vermiculite, sand or similar material at about 27°C. The next day, single seeds are transplanted 2cm deep into 5×5×15cm paper containers or styrofoam blocks open at the bottom. The type of potting mixture is not of vital importance — a light loam is satisfactory but it should be sterilized to inhibit root rot.

Watering in a greenhouse or similar is needed only every four or five days. Emergence occurs in two to three weeks and the seedlings are ready for planting when they are 15-30cm tall, usually in eight to ten weeks, although this may be delayed if deeper containers are used.

Late spring seems to be the best time to cultivate jojoba in the field, when warm temperatures promote faster emergence and initial growth, avoiding the coldness and wetness of winter when the young plants are most prone to frost and root rot in waterlogged soil.

It is still not possible to distinguish male from female seedlings before flowering. The ideal ratio is one male plant to about six female as only the females produce seed. This can be achieved by initially overplanting, especially when seeds rather than seedlings are planted. The excess males and inferior females can then be rogued out soon after blooming which, as a rule, first occurs after at least eighteen months.

ECONOMIC PROSPECTS

Although the present lack of basic economic data has discouraged large scale commercial growers up to now,

the preliminary data available for plantations less than ten years old is very encouraging. A yield of 3,500kg of seed per hectare from a ten year old plantation appears to be a realistic expectation. Although the oil is currently fetching up to US\$15 per kg in specialised areas like the cosmetic industry, a more realistic price while there is low volume production is US\$5 per kg. At present prices, jojoba oil would need to drop below US\$3 per kg to compete successfully with other lubricants and sperm whale oil. These two price levels correspond to US\$1.60 per kg and 96¢ per kg of seed respectively.

As the costs of production are much lower than for other crops, the net income per hectare of jojoba at the higher price would be exceeded only by that from avocados. While the price could be expected to drop once jojoba oil became more available, the fall in real net income would be cushioned by the increase in yield as bushes grew larger and as cultural technology improved.

CONTACTS

For general information on all facets of jojoba one should write to:

Prof. D.M. Yermanos,
Dept. of Plant Sciences,
University of California,
RIVERSIDE. CA. 92521.

I obtained comprehensive literature from:

Charles Salverson,
Farmer Advisor Dept.,
Co-operative Extension,
Uni. of California,
155 West Washington Boulevard,
LOS ANGELES. CA. 90015.

If you wish to obtain information and material to grow jojoba, contact:

The Jojoba Marketing Corporation,
2813 Hangar Way,
BAKERSFIELD. CA. 93308.



Female jojoba plant with seed crop.



Jojoba male plant in flower.

They supply seed at approximately \$10 per kg (assuming seeds weigh an average of 1gm each, this works out at 1¢ per seed) and seedlings at about 20¢ each. Naturally, an import licence must be obtained to bring jojoba seed or plants into this country — contact J. Braithwaite on Sydney 241-1962 or the Export and Import Branch, Cnr. Day Street & Day Place, Sydney. Helpful information can also be obtained from:

Frank Cutting,
Dept. of Agriculture,
McKell Building,

Rawson Place (near Central Railway),
SYDNEY. (Ph. 217-6666).

Russell Preston has been involved with various New Age endeavours in Melbourne, Sydney and the north coast of N.S.W. since the late 1960s. In May and June 1980, he travelled throughout California and attended an agricultural seminar on jojoba at UCLA by Professor D.M. Yermanos, the world authority on this promising new crop.

The above article, compiled from various sources, should serve as an introduction to anyone contemplating growing jojoba in Australia.

The Politics of Protein

SOYMILK PRODUCTS

By John Seed, The Channon, N.S.W.

Once you're into the swing of making soymilk, you can replace cow's milk in any recipe and make your own soy products — cheese, cottage cheese, yoghurt, butter, mayonnaise, sour cream, etc. I will give directions for preparing yoghurt and cheese — the rest can be found in *The Farm Cookbook* and *The Book of Tofu*.

Yoghurt

Soy yoghurt can be made in the same way as dairy yoghurt, using any brand of commercial yoghurt as starter (so long as the yoghurt culture hasn't been frozen and killed). Heat the soymilk to around 110 degrees or slightly warmer than body temperature, add a tablespoon of yoghurt (for about 3 cups of soymilk) and pour into a thermos. In warm weather, soy yoghurt can be made in a bowl at room temperature. It is done when it easily separates from the sides when you gently tilt its container. We usually incubate it overnight and add fruit for breakfast. Thicker soymilk makes thicker yoghurt. You can use a few tablespoons of your home-made soy yoghurt as starter for the next batch. When made from home-made soymilk, the cost is about one sixth that of commercial dairy yoghurt, while the protein content will be about twice as high.

Cheese

There are several ways of making soy cheese. The easiest is to just leave soymilk for a day or two at room temperature until it sets to the consistency of yoghurt or you can use soy yoghurt, which produces a more tart cheese. If the yoghurt isn't nice and thick, heat it for a few minutes to firm up the curds. Tie the curds up in a cheese cloth and let it hang over a container to catch the drips of whey. The longer you let it hang, the drier and harder the



cheese. We sometimes leave it for a week in winter and it is hard enough to be sliced and fried. Try mixing fresh herbs and garlic in with the curds before you put them in the cheesecloth.

Ice Bean

If you have a hand-crank ice cream machine, try this:

3 cups of soy milk or soy yoghurt

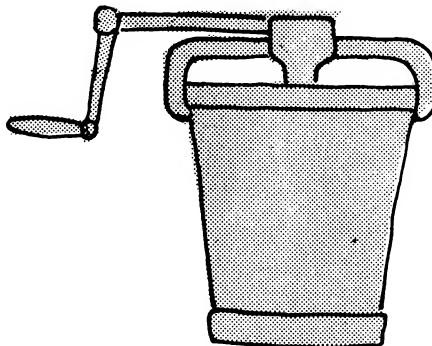
¼ cup oil

1 cup sugar or honey

Pinch salt

1½ tsp vanilla or ¾ cup carob or a ripe banana, etc.

Blend well, then freeze in your hand-crank machine.



HOT WATER SYSTEMS

Andy Thomson, Bilocla, Qld.

Hot water systems are many and varied and here are just two designs; I've also included alterations that I've seen or heard about. They are simple to make and can be easily adapted to your needs. Both designs heat up water quickly and are cheap to run.

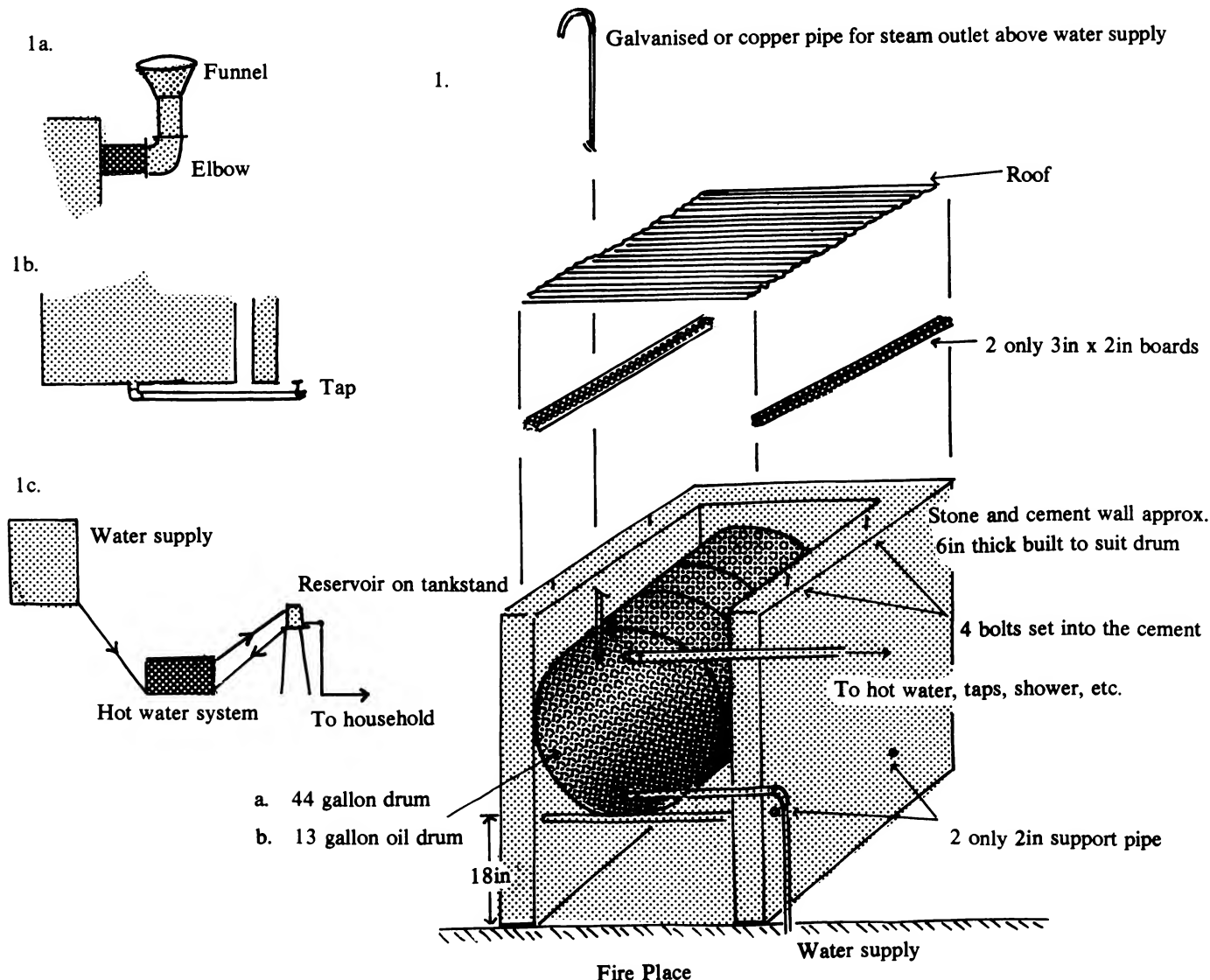
Important. Compressed steam is explosive and these hot water systems should have a copper pipe to let steam escape or a steam valve.

The first system is probably the one I like best. It is the cheapest to run using only wood and the easiest to make, using materials usually at hand. The main ingredients are either a 44 gallon drum or a 12½ gallon oil drum. Although a 44 gallon drum carries a \$15 deposit, the older heavy gauge drums are virtually indestructible and are probably the best. Where water isn't laid on, the two inch bung is fitted with an elbow and a funnel brazed to the

elbow as in Fig. 1A. The bottom bung is fitted with a pipe to one side with a tap as in Fig 1B. Care must be taken to keep the drum full otherwise the fire will burn a hole in it. In one of the camps where I worked we had an extra tank on a stand as a reservoir — see Fig. 1C.

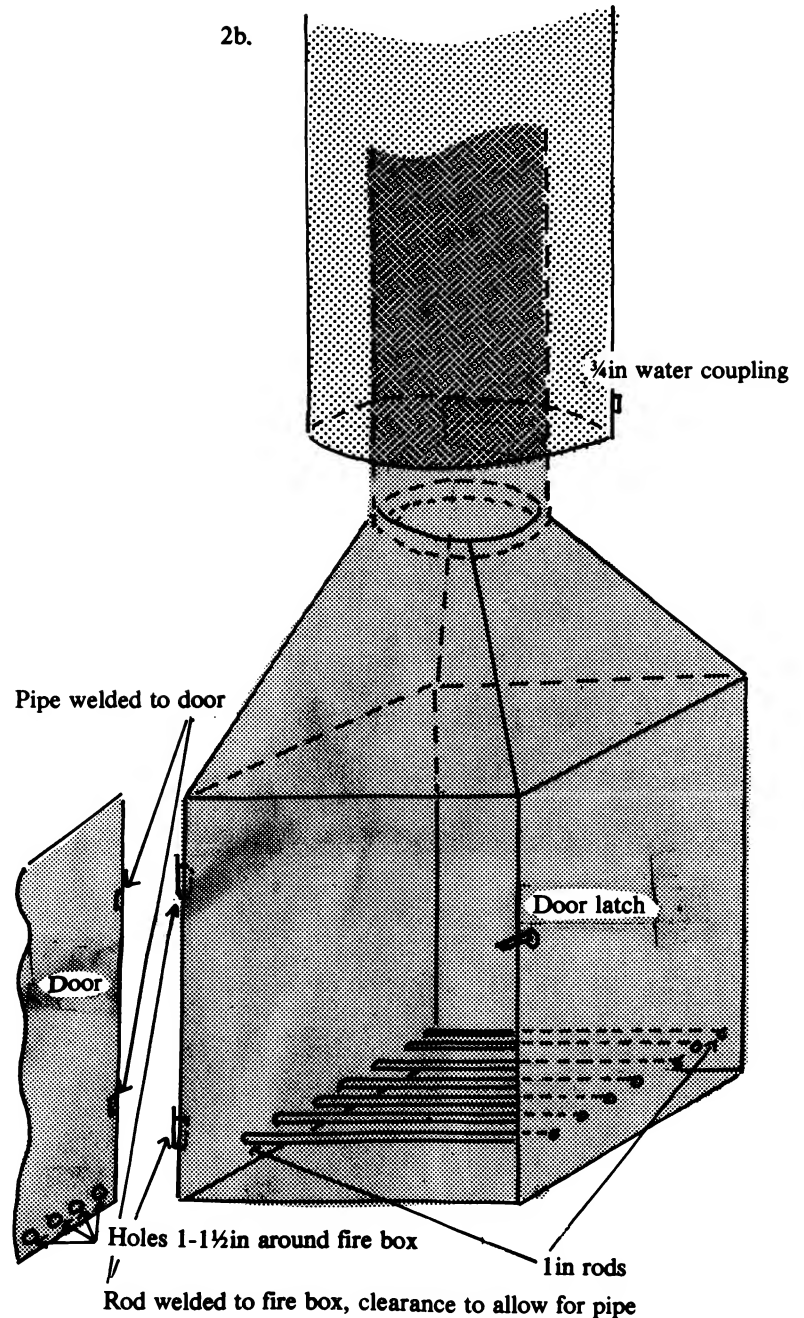
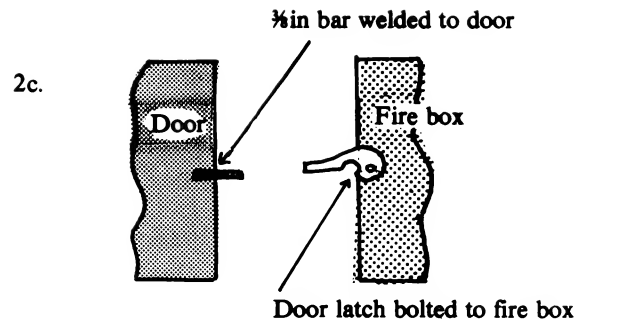
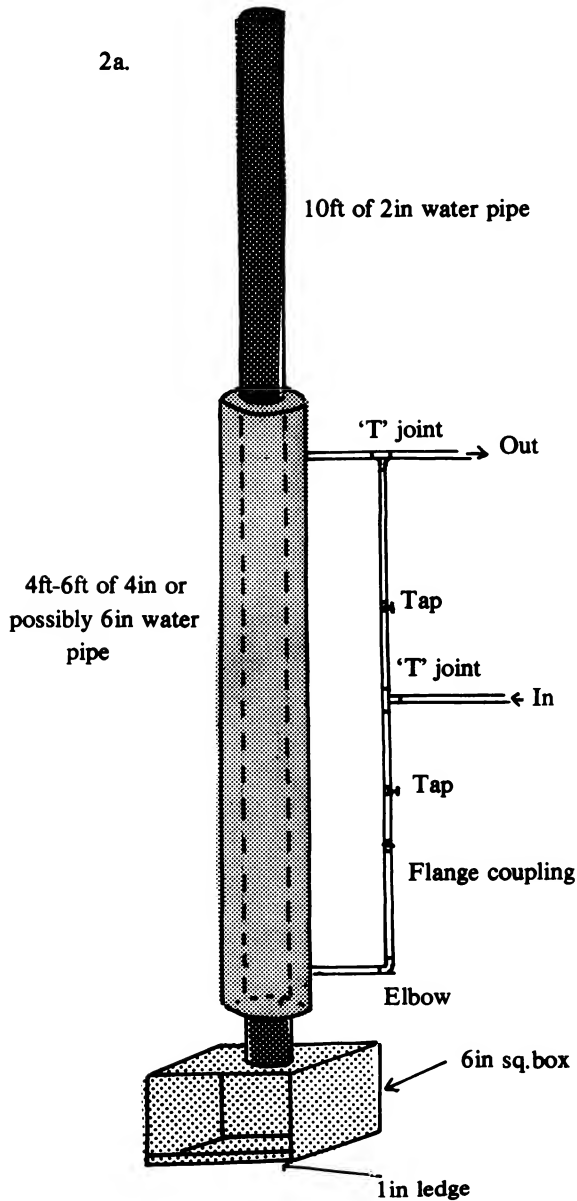
The second system is a little more complicated. It can be connected to a hot water reservoir as in Fig. 1C, connected to a fire hose as in Fig. 2B or the fire box could just as easily be made out of stone and cement, etc. This system is easily heated and needs only a small fire. In the first diagram, the fire box can either contain a chip fire or in this case, the bottom was filled up with dirt and filled with distillate. The distillate must be allowed to go out of it own accord. This system is probably the fastest way of heating water.

Although a reservoir may not be totally essential, they



are easy to make and do hold a lot of water. Again, insulation need not be used and the drum outside your reservoir does not need to be anything special i.e. a wooden box could be made. Choice of insulation is a case of what is available — termite nest is probably the best, but clay etc. can be used.

WARNING: Steam must have escape valve or steam outlet



Fire Box

Three of 21in x 12in x ¼in

Five to seven 1in x 12in to 13in rods

One of 30in x 12in x ¼in

(cut into 4 triangles height 12in, base 12in)

Door

One of 12in x 21in x ¼in

Two hinges and latch

Water Jacket

4ft to 6ft of 4in to 6in water pipe

10ft of 2in to 3in water pipe

One ¾in water coupling

(cut in half and welded to the side on top and bottom)

Steam valve or outlet

Reservoir

One 12½ gal drum

One 44 gal drum

Two ¾in pipe couplings

One ¾in tap

Two 10in x ¾in water pipe

Two ¾in 'T's

Two 4in x ¾in water pipe

Steam Outlet

(not necessary if a steam valve is used)

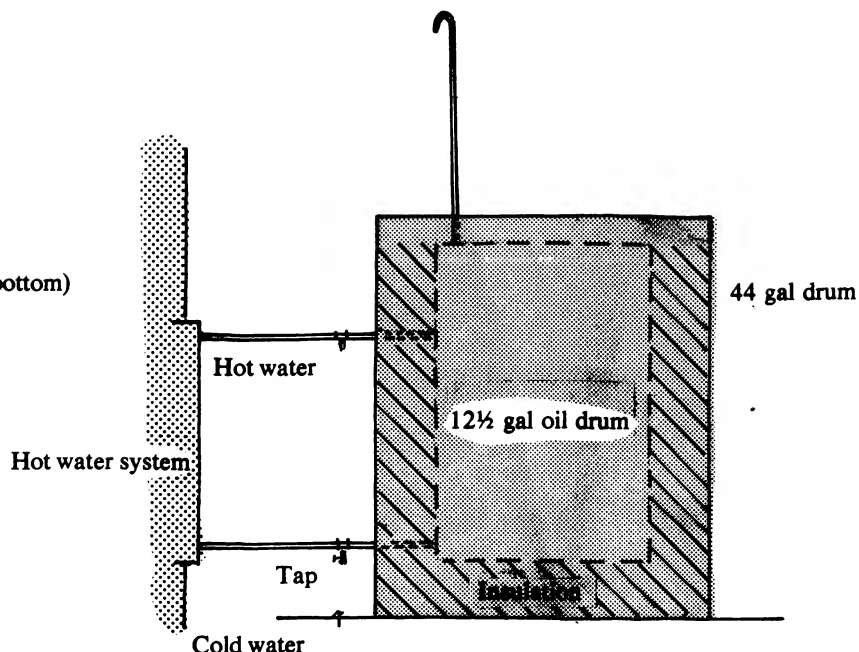
One ½in imperial coupling

One imperial to metric adaptor

Approx. 10ft of ½in water pipe

Reservoir

IMPORTANT: A steam outlet is essential



SARONG CRADLE



The portable sarong cradle has long been recognised by Asian mothers as the most soothing spot for babies to sleep. The soft sarong holds baby close simulating the security of the womb and the gentle rocking motion of the spring recreates the gentle movements experienced at that time. Baby feels safe, protected in familiar surroundings and is thus lulled off to sleep almost immediately. The sarong cradle finally solves the problems of visiting and holidays; no more heavy cribs, baskets or bassinets to haul about. It is easily portable and can be fixed to any convenient branch, beam or door jam either indoors or out.

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Natural Goat Care

By Pat Coleby, Harcourt North, Victoria.

Recently I spent an interesting morning at the Glenlyon (Victoria) Down To Earth Confest talking to a large and interested group of people about goats. The most frequently asked question was for a basic goat feed ration so here goes yet again:

2 parts chaff (1/2 lucerne, 1/2 oaten is ideal for summer, all oaten for winter and mating season).

1 part rolled wheat, bran or pollards - bran is the least nutritious of these.

1/2 part grain — barley (soaked), or whole oats. Goats do not need milled grain.

1 dessertspoon dolomite per animal.

If the feed is wholly bought (not organically grown) 1 teaspoon of copper sulphate a month is required for all goats and 1½ teaspoons for coloured ones. This can be incorporated in the feed by dissolving it in the water in which the barley was soaked. A teaspoon of unpasteurised cider vinegar per animal daily also is good. This can also be put in the water like the copper sulphate.

Each animal needs about a gallon bucket of this ration night and morning — less if they are getting a lot of good hay and grazing. The ideal is that they can eat it all up in about ten minutes. Once a week, 1 teaspoon of sulphur per animal is advisable. This will help keep any external parasites at bay.

I wanted to talk about milk in this issue. In Victoria, the feed appears to be less nutritious than usual. Perhaps all the minerals were washed out of the ground in the heavy rains last winter. One result has been a fairly widespread cobalt deficiency, manifesting itself in the production of milk that has a slightly goaty flavour. There is no evidence of mastitis when tested, but the flavour is there all the same. The treatment for this is easy and cheap — 1 cc of Vitamin B12 (marketed as Cytavet 1000 in 50ml bottles at about \$5.00). This can be given for three days in succession by intramuscular injection in the side of the neck (the milk is usually back to normal by the second dose). Vitamin B12 is synthesised from cobalt in the stomach. However, should an animal become deficient in this mineral, the factor in the stomach that does the synthesis ceases to operate. At this juncture, therefore, *it is no good giving B12 or cobalt by mouth* - it must be given by injection to get everything started again. The symptoms, if the cobalt collapse gets going, are a sub-normal temperature and cold ears and legs, especially in the morning. The normal temperature of a goat is 39 deg. C., 102.5 deg. F., and it can be several degrees below this with cobalt deficiency. If nothing is done at this stage, the animal becomes lethargic, goes off its food and its droppings become progressively softer until it scours, but naturally you will have reached for the B12 long before this.

Iron anaemia, has rather similar symptoms, but minus

the lower temperature, as a rule. It shows up in pale membranes round the eyes, etc. and can also be helped by B12 injections. But the usual cause of anaemia, if it is not bloodsucking worms, is lack of copper in the diet so that the animal cannot synthesise the available iron. Iron is readily available in most Victorian and, I suspect, Australian soils.

This brings us to mastitis. Not the bloody, stringy variety where there is obviously something wrong, but the much more insidious sub-clinical sort. In the last few days I have heard quite a lot of reports of this ailment. The last was a call from a vet friend near Melbourne who wanted to buy a goat for himself as he could not find any milk in his area free from the disease. This is a very sad state of affairs as mastitis, like any illness, is evidence of ill health in the animal - slight, maybe, but ill health all the same. People seem to be quite concerned about germs. I think they picture them as waiting around the corner in serried ranks, ready to pounce on any unwary person or animal. In actual fact, the picture is very different; germs are with us at all times. It is only when our defences i.e. general good health and immune systems, are below par, that the germs have a chance to take over.

When a goat is milked by machine, the opening at the end of the teat stays open for anything up to half an hour. If milking by hand, it stays open for fifteen minutes or so, and when a kid sucks, for about ten minutes (these figures are approximate). So the animal needs to have its immune system in good order all the time because a goat frequently lies down after milking. This is quite normal, the teats touch the ground and if germs were as rampant as many people imagine, every goat would contract mastitis after milking, but they don't. As long as their diet is adequate in *all* respects and is not too high in phosphates, the chances of mastitis, even from a cut are virtually non-existent. The two most important minerals in mastitis prevention are calcium and magnesium, easily supplied as supplements to the diet in the form of dolomite. Unfortunately much soil in Australia, unless you are lucky enough to live on top of a dolomite deposit, is deficient in these two minerals and all food grown with superphosphate will also be deficient in them as super inhibits the uptake of calcium and magnesium among other things.

Should you suspect your goat of having sub-clinical mastitis, the following symptoms will eventually manifest themselves: the milk tastes perfectly alright but fails to keep more than a day or two, even under sterile conditions; finally lumps will be felt, usually high up in the udder — these will clear up if treated with dolomite and Vitamin C, but unfortunately not always with drugs. (Naturally a clinical test at a laboratory will confirm mastitis, but the milk has to be plated for at least 36 hours in many cases before the organism becomes apparent.)

Black mastitis has a very virulent and sudden onset. In a matter of hours the udder becomes swollen, hot and congested, often following a wound. Ordinary clinical mastitis is slower but the milk becomes bloody, stringy and consisting of mostly serum in a matter of days if treatment is not started. I have cured all types quite successfully and without scars, using Vitamin C and dolomite powder. In really severe cases, speed is the essence — 10cc Vitamin C by injection, teaspoon of dolomite with a teaspoon of ascorbic acid (Vitamin C powder) tipped into the mouth. Repeat every four or five hours until relief is obtained — usually by the third dose.


In normal mastitis, the injection is rarely necessary. One teaspoonful of dolomite powder, 1 teaspoon of ascorbic acid powder night and morning until the milk is normal, then once a day until there are no strange lumps in the udder. Thereafter see they get dolomite in their daily ration.

For sub-clinical mastitis, administer night and morning for about three days, then once a day until all symptoms disappear. This method does mean that the udder will not be disfigured by lumps. If you buy a goat that has a badly scarred udder the above treatment over a period of time, will help alleviate the condition. Unpasteurised cider vinegar, at least a tablespoon a day or as much as the animal wants to drink, will also help. I have never found that it dried them up as normal vinegar would do.

Naturally, hygiene should be practised at milking times. If the udder is really dirty, wash it off and dry it with a paper towel and warm water, otherwise see that it is clean and dry before you milk. Your hands should also be clean. I feel that washing udders with cold water cannot be good — the sudden chilling will lower the animal's resistance to disease. A very experienced judge of goats of some years ago always said that he could tell the health of a goat just by feeling its udder.

The treatment suggested above is very important if you find a goat has injured its udder in any way whatsoever. Start to give the dolomite and Vitamin C daily and keep it up until the wound or bruise is healed. It will be found that quite horrible wounds will heal without mastitis being contracted. Vitamin E and comfrey, of course, will also be of help in such cases. Give an armful of comfrey, daily, and at least 1000 units of Vitamin E.


I had an irate (and well deserved) letter telling me off for not giving amounts when I suggested treatments, etc. I forget that there are new readers with each issue, and that even if I knew it by heart, I cannot expect this of other people! So I hope that this time I have not erred in that respect! Answer to a letter in Feedback G.R. 28 p. 8 re codlin moth. I have found two things that seem to keep even the most persistent codlin moths at bay — tansy grown round any apple, pear, quince or whatever, or climbing geranium up through the tree. I have never had any codlin moth after doing that. However, the plants do tend to swamp the tree and must be kept within bounds.



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BUILDING A MUDBRICK SAUNA

By Nev and Mony Ackland, Nairne, S.A.

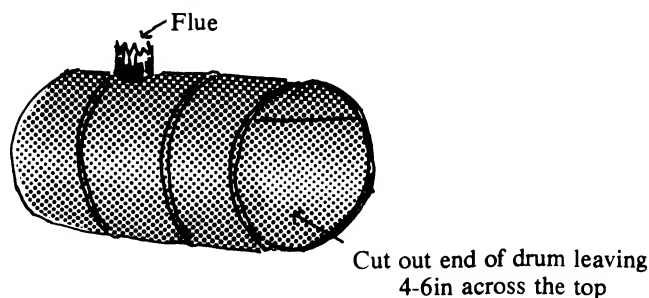
About twelve months ago we decided to build a mudbrick sauna. Most people know what mudbrick is, but in case you've never had a sauna, this is what it's about. In southern winters the body has little chance of eliminating toxins via perspiration. To remedy the situation some people resort to sitting about in 150°F heat until they are dripping, and then diving into a cold pool or under a shower to wash the toxins away and quickly close the pores of the skin. There is no doubt that men perspire more than women, to the extent that the validity of a woman subjecting herself to the hot and cold treatment, is in doubt. Nevertheless it's hard to keep them out of ours and who am I to complain?

Our sauna, built into the side of a cliff, overlooking a fresh water spring, is built of mudbrick, railway sleepers, large diameter logs and has a sod roof.

After the site and foundations were excavated with a bar and shovel, the railway sleepers that were to help support the roof and form door frames, were placed in their positions and fixed with steel pins made from $\frac{3}{8}$ in twisted reinforcing rod. The mudbricks were laid in between the sleepers whilst they were still damp. They were made in the rain three weeks earlier and it had rained ever since. Some bricks were so moist that they sagged slightly as they were lifted into place. This had little or no effect on the finished job with only about an inch shrinkage in a 15ft wall.

Window frames were made of sleepers and coloured perspex and old leadlight was used in place of glass.

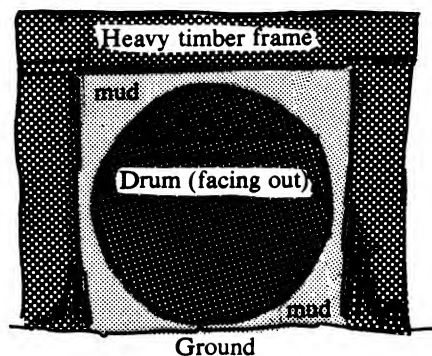
The heat exchange was simply a heavy duty 200 litre (44 gal) drum with the end cut out and a flue inserted on one side (see diagram).



The drum is placed in the wall with the open end facing out and the bricks are laid around it. We actually built a frame from sleepers and sat the drum inside, packing the



gaps with mud. This facilitates the replacement of the drum when it eventually burns out (see diagram).

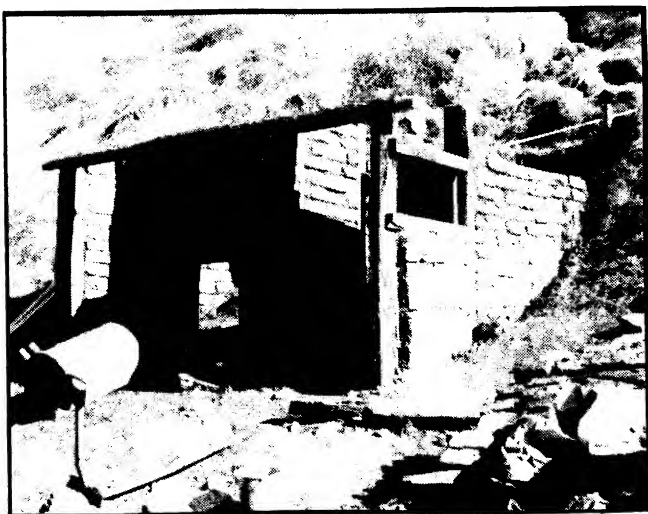
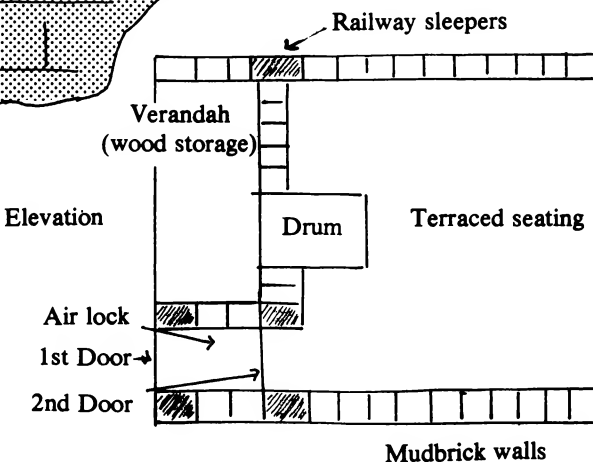
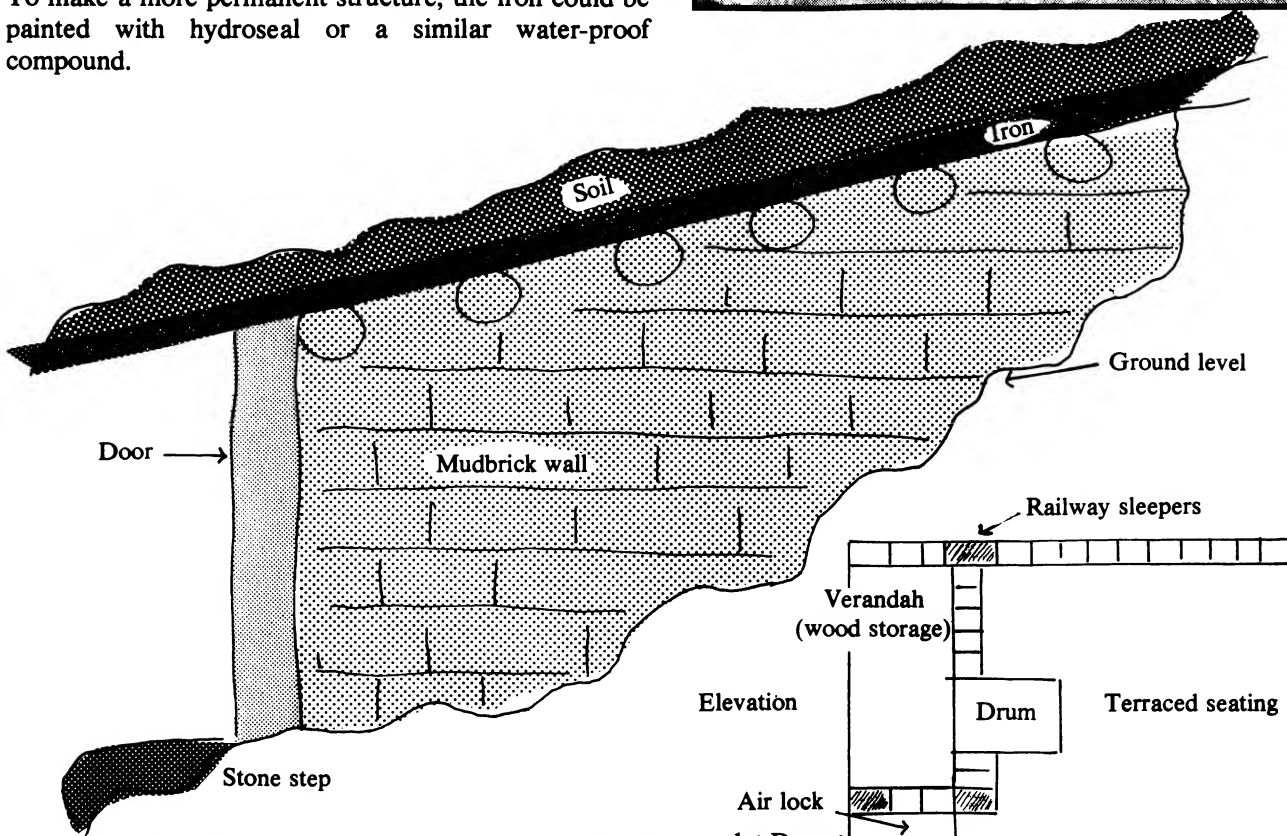
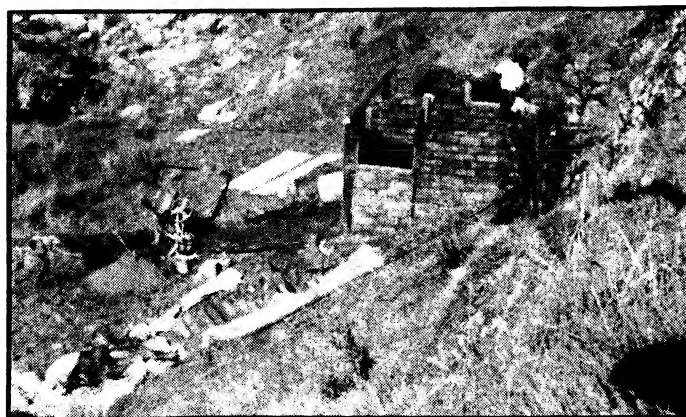


The entrance consists of an outer and inner door forming an air lock that prevents heat leaving the sauna when people come and go.

The roof is supported by heavy logs we cut from the forest. They sit directly on top of the mudbrick walls about 18in apart. Nailed to these are sheets of second-hand galvanized iron running down the pitch of the roof (as in a normal building). Above these are sheets running across the roof. When the bricks had dried out, two or three tons of sandy loam was dumped on top of the iron. It quickly grew grass (of its own accord) and does not leak.

The combination of mudbricks and sod roof keeps the room at a comfortable 150°F when the outside temperature is almost zero.

The fact that the walls have easily supported this type of roof for over a year without signs of stress is encouraging and puts to shame paranoid council regulations that sometimes apply to conventional roof structures. The building recently withstood the wettest winter we have ever had without ill effect and I repeat, the roof does not leak! Its secret is most likely its pitch. It drops about 3ft in 15ft so when the water soaks through the soil and reaches the iron, it drains off without any hassles. To make a more permanent structure, the iron could be painted with hydroseal or a similar water-proof compound.



Since its completion the sauna has seen many a naked body, sometimes caked in mud (ancient beauty treatment) run streaming and steaming from its fiery interior, plunge bravely into the icy depths of the spring only to exit, screaming hysterically, moments later. What some people will do for kicks!



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&
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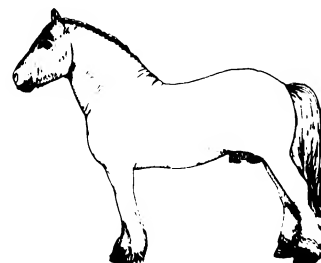
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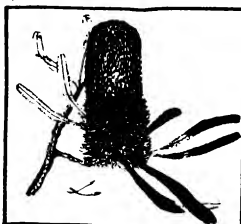
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HORSE INFORMATION REQUIRED

Grass Roots is planning a publication on horses. *The Grass Roots Horse Owners' Companion* is going to print in the middle of this year. It will be a basic guide to horse care and management for people who are deciding to get their own horse or who have recently acquired one. It will also include short articles by people who own their own horse and feel that their personal experiences in horse care and management would be of interest and value to others. We are particularly interested in articles on natural care, home-made gear, stable design, fencing, water supply, using horses on the farm and as family transport and recreation. Articles of around 500 words preferred and Grass Roots will pay a fee on publication. Send articles together with name and address to Grass Roots, P.O. Box 900, SHEPPARTON 3630.



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DO INSECTS BUG YOU?

By David Stephen, Tasmania.



It is commonplace for gardeners to describe the arrival of colonising insect pests to their plants as an 'invasion', an enemy to be destroyed on sight! When such creatures begin to suck or chew leaves of favoured plants, we say that bugs have 'attacked' them.

This militant, emotive terminology is used universally by scientists and laymen alike, and it suggests a deeply felt inherent fear of these diminutive hoards. Why should this be so?

Of all God's creatures, it is only man who destroys another species for the sake of it, for sport. A lion attacks only when hungry — so does an insect. Throughout history, man's approach to nature has been an arrogant one, a view that is entirely anthropocentric.

Perhaps our reaction (to kill first, and ask questions later) is just a conditioned reflex, one carefully conditioned by the vested interests of chemical companies and their advertising men? Or is it that our sense of survival is being threatened when our food plants become colonised with white flies, aphids, worms or caterpillars.

There are precedents to justify our fears. For example the infamous Black Death reduced the population of Europe by seven-eighths and changed the course of history.

Potato blight in Ireland (transmitted by insects) in the 1840s destroyed a large proportion of the population.

Dutch elm disease (transmitted by beetles) changed the landscape of England in the 1970s — corrective

measures were used too late. Seeing the amount of damage done in so short a time, it certainly is frightening to contemplate what might have happened had this been a bug which 'attacked' one of our staple crops of wheat or rice.

There are probably a million species of insects inhabiting our planet. They are remarkably good at surviving (through adaptation) man's most toxic sprays. The common house fly simply mutated to survive the wonder insecticide of the post war period, DDT. The publicity agencies have drummed into us from an early age, that flies threaten our food, our health, even our lives. Flies are carriers of polio, typhoid and diphtheria and it's little wonder that we feel so vulnerable! Such insistent messages of hygiene may have helped to shape our attitude. What do you think?

Footnote:

To an environmentalist, the best insecticide is no insecticide, because when we dust or spray haphazardly, we knock out beneficial species and useful predators as well, and there are far more species of these than there are of pests.

Each of us carry stores of pesticide residue in our bodies. It is even found in human breast milk. Pesticides are often composed of unnatural molecular structures which have no counterpart in nature, therefore cannot easily be decomposed.



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HANDY HINT

A slice of raw onion rubbed on an insect bite will take out the itch.

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notes

DIG A SOAK PIT

By Bob Willis, Qld.

The Soak Pit is a method of liquid waste disposal that is inexpensive and suits either a camp or a house with inadequate drainage.

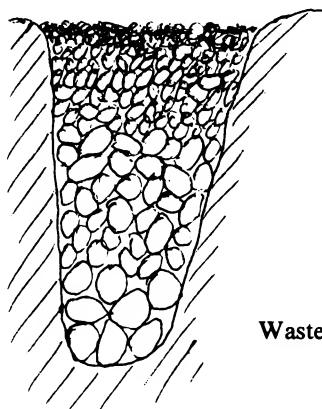
Very simply, a hole is dug of sufficient size to accommodate the liquid waste produced by the camp or household, bearing in mind that thick, clayey soils have a slower absorption rate than sandy soils. Thus a much bigger hole will be required in deep clay areas than elsewhere, otherwise the pit will overflow.

The pit is completely filled with stones ranging in size from boulders weighing several pounds (at the bottom) to gravel or road metal (at the top).

The function of the stone fill is to allow the waste water to filter down while grease and other waste which would otherwise tend to clog up the works is trapped by the fine gravel at the top.

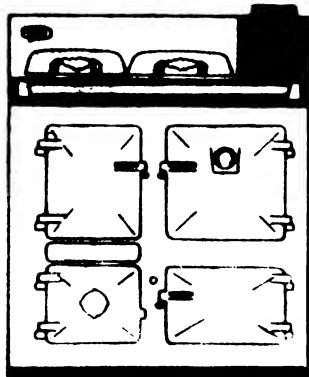
If the pit has been built of the correct size for the input of waste and the absorption rate of the soil, the fluids will continually drain away leaving a small concentrate of solids that can easily be disposed of. This does away with

the problem of lengthy drains lined with grease and filth that are always soggy and thus encourage the growth of bacteria. The soak pit is in fact a home-made grease trap.



Grease trapped by small gravel here.

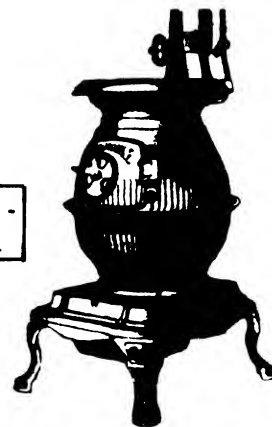
Waste flush seeps past large stones to be absorbed.



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Layby welcome.

Grafting Fruit Trees

By John, Melbourne.

As explained in the article on budding, for grafting we use a short piece of scion wood that has two or more buds on it. The scion wood is one year old, as with budding, but the stock may be older — it can be one of the main branches or even the trunk of a mature tree.

For scion wood we cut shoots grown the previous summer on selected trees. We take shoots of pencil thickness, when they are dormant during winter and keep them in a plastic bag in the bottom section of the home refrigerator until grafting.

The type of graft we use will depend on the thickness of the rootstock. When propagating young trees, the rootstock will be about the same thickness as the scion. For this situation the most popular graft is the whip tongue graft, but another type, the strap graft, can also be used. If we want to change the variety of part of an established tree, or alter the variety of a whole tree (also called re-working) we use mainly bark graft or cleft graft. Whip tongue graft and strap graft may also be used on established trees, on the young, thin branches.

The time of grafting will be determined by the type of graft we plan to use. With the cleft graft and the whip tongue graft there is no need to separate the bark from the underlying wood, so these grafts can be used during winter or early spring. If we use bark graft or strap graft, we must wait until spring, when the bark can be lifted from the wood.

The Cleft Graft (or Wedge Graft)

The cleft graft is a simple grafting method that can be performed quickly. It takes its name from the cleft, or split, that is made in the stock. It is also called wedge graft from the shape of the scion.

First we have to cut back the stock. If we want to re-work older trees — and this is the main purpose for using cleft graft — we usually retain the main framework, and cut back or saw the major branches to a length of about 30-50cm. The cut surface should be trimmed by cutting a smooth sloping edge all around it. Then we split the wood about 5-10cm deep with a chisel and hammer. We leave the chisel as a wedge, in the middle of the split, until we place the scions in position.

The scion wood should be about 12-15cm long with three to six buds. At the bottom end of the scion we make two sloping cuts (4-5cm long) to make a wedge. We should make the cuts in such a way that the bud is retained on the side of the wedge. Then we insert one scion at each side of the split making sure that the inside edges of the bark of the stock will be in contact with the inside edges of the bark of the scions. Once we are satisfied that the scions are in the right position, we remove the wedge from the split and the wood will hold the scions firmly in position. There is no need for tacking or tying but the split should be

completely sealed with a grafting mastic to prevent drying out (Fig. 1).

The great disadvantage of the cleft graft is that by splitting the wood we expose large cut surfaces and the bottom of the split will provide perfect shelter for wood rotting fungi and insects. This could cause problems particularly in southern Victoria and other districts where there are frequent showers during spring. If the mastic seal is applied as soon as the graft is finished, and is checked every few days until the graft has calloused, infection can be reduced.

The Whip Tongue Graft

Whip tongue graft is named after the whip-like young stocks which are used and the tongue-like part that we get by making second cuts on the sloping surfaces of the stock and scion. These tongues will hold the stock and scion in position and increase the area of contact between the cambium layers of the stock and scion.

We prepare the stock by making a sloping cut, about 4cm long, right across the stock, whether it be a young shoot on a mature tree or a seedling shoot. Then we make a second, vertical cut, into the surface of the sloping face. We start this cut into the sloping surface about one-third of the length of the sloping face from the top of the face. This cut should be only half to one cm long. We make a similar sloping cut and vertical cut on the scion. With both vertical cuts commencing about one-third of the length of the sloping face from the pointed end and with sloping faces about the same length, when the tongue of the scion is fitted into the short cut of the stock, and pressed firmly, the top of the sloping face on the stock will match the sloping face on the scion and vice versa (Fig. 2).

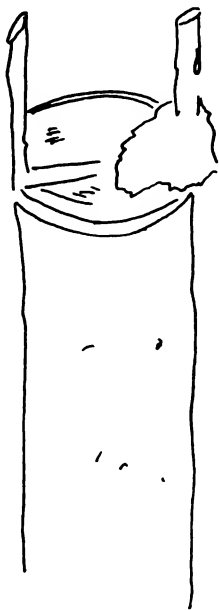
If the scion is slightly thinner than the stock, it should be placed in a way that the cambium layers of the scion and stock (located immediately under the bark) are in contact at least on one side. With this graft the scion is kept in position by the interlocking tongues while being tied with plastic tape to prevent drying out, but we still have to be careful not to move it by bumping. This graft can be carried out in winter while both the stock and scion are dormant.

The Bark Graft

With the bark graft we insert the scion between the bark and the wood of the stock. It is a simple graft and it can be done easily and quickly, once the bark of the stock lifts readily from the wood — just after the tree starts to grow in the spring.

For bark grafting we prepare the stock by cutting the trunk or limbs back and paring the sown bark on the cut surface.

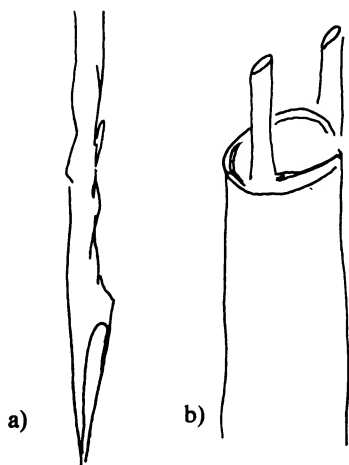
We cut the scion at a suitable length to have four or five



1. Cleft graft. The scion on the right is sealed already.



2. Whip tongue graft: a) scion, b) stock, c) diagram showing cuts on stock and scion.



3. Bark graft: a) prepared scion, b) scions in position in stock.



4. Strap graft: a) prepared scion, b) two scions in position before sealing.

buds on it. Usually we make one sloping cut, about 4cm long, on the lower end of the scion. Alternatively, we can make the bottom end of the scion wedge shaped by two sloping cuts, each about 3cm long.

The scion is pushed down between the bark and wood on the stock so that a cut surface is pressed against the wood of the stock. If the scion is difficult to insert, a vertical cut on the back of the stock will assist. For a stock less than 2cm in diameter, one graft will suffice but for larger stocks, two three or even more grafts can be used (Fig. 3).

We fasten the scions in position by tacking or tying with plastic tape — then the graft and top of the stock can be sealed with a grafting mastic. When the graft is well calloused, we cut the tie and provide some support for the fragile scion shoot; this is usually done by nailing short pieces of timber to the stock.

The Strap Graft

As its name suggests the prepared scion wood of the strap graft has a strap-like piece of bark and underlying wood on one side. The other side has a tapered wedge. This graft is not used on stocks less than 2cm in diameter but is valuable for stocks which have a diameter of 3-5cm or larger. The principal virtue is that the strap remains alive, grows and covers the face of the cut stock. Grafting may start as soon as the bark of the stock separates easily from the wood and may continue until early November.

For this graft, preparation of the stock usually consists of cutting off a main branch on a tree with a saw and paring the roughened cut bark with a sharp knife.

If the stock is wider than 5cm in diameter, we will have to use two scions, one on either side.

The scion should be prepared immediately before grafting. The scion should be about 10cm longer than the diameter of the stock. To cut the 'strap' we hold the scion with the bottom end away from us and we start the cut about 3cm below a bud. We cut towards us in a peeling-like operation, deep enough to peel a thin slice of wood with the bark. This strap should be about 3cm longer than the diameter of the stock. On the opposite side of the strap we cut a sloping surface about 2-3cm long, starting where the cut for the strap is finished and tapering to form a wedge with the bare wood left when the strap was cut. We also remove about 1-2cm of the outside bark from the tip of the strap, with a sloping cut.

The grafting operation consists of inserting the wedge-shaped end of the scion between the bark and the wood on one side of the stock (a vertical cut in the bark may be necessary if the wedge will not penetrate easily) and inserting the end of the strap in a similar way on the opposite side of the stock. When completed the strap should lie as close as possible to the stock and the bud on the strap should be half a cm or so below the top of the stock. Do not have this bud too close to the top of the stock because the strap is liable to break if the bud is located

close to where the strap is bent across the top of the stock (Fig. 4).

When the grafting is finished, we tie around the top of the stock to hold the scion or tack the strap to the top of the stock to keep it in position — then the whole graft is sealed with a grafting mastic. In about four week's time, we cut the tie, and provide some support (stake or wire) for the new growth.

Sealing Materials

Grafts have to be sealed to prevent drying out and to exclude rainwater.

For the sealing of smaller grafts (whip tongue, bark), plastic tape is very satisfactory. We wrap the tape around the graft union, starting from the bottom and working up in such a way, that it forms a water-tight seal — so no moisture could enter into the graft. Usually there is no need to remove the tape, as it will stretch as the plant grows and it will perish in about six months. However, if we notice that it cuts into the bark, we will have to cut it.

For larger grafts, as with cleft graft, we use a grafting mastic of bituminous products or petroleum jellies, to produce a water-tight seal.

HANDY HINT

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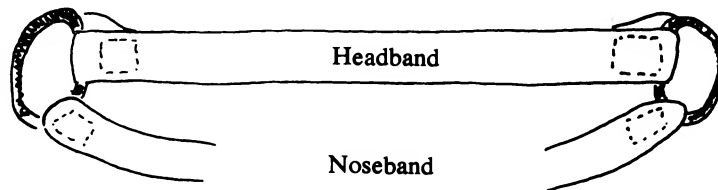
AN EASY TO MAKE HALTER FOR A COW OR HORSE

Kevin & Cheryl Binsted, Mingela, Qld.

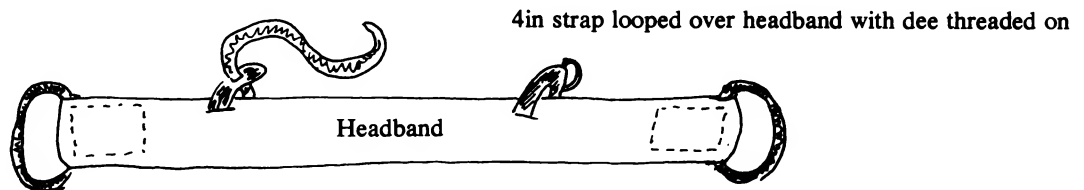
You will need:

1 strap 47in long 1¼in wide	(headband)	2 laces 27in long ¾in wide
1 strap 27in long 2in wide	(noseband)	2 x 2½in brass rings
1 strap 17in long 1½in wide		1 x ¾in dee
1 strap 4in long ¾in wide		1 x 1½in buckle
1 lace 37in long ¾in wide	(throat latch)	Waxed thread or rivets

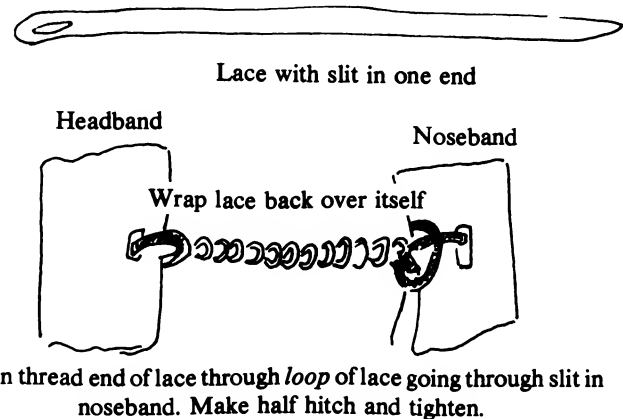
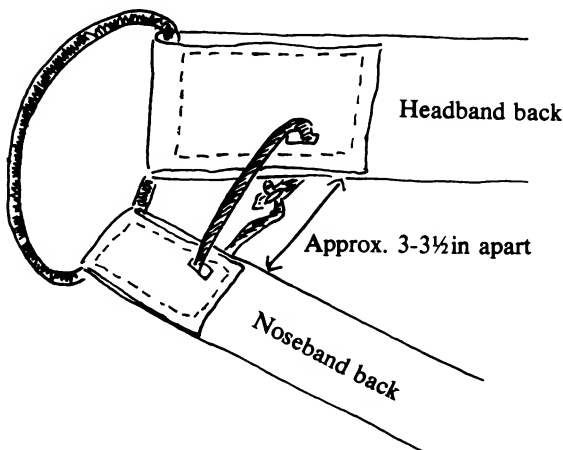
Stitch or rivet 47in strap to rings, using 4in turnover, at both ends. Do the same with the 27in strap. Attach buckle to 17in strap and taper other end. Punch holes for desired length then loop through rings and buckle up.



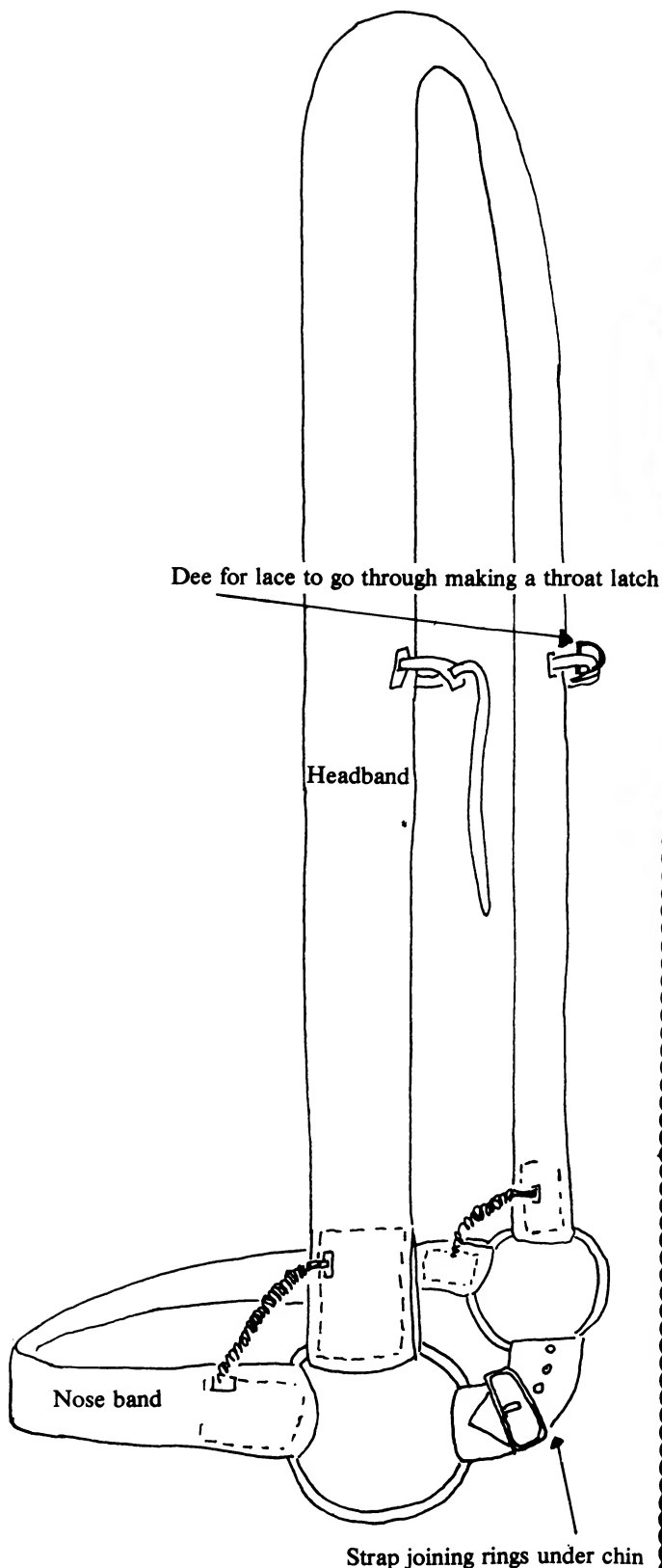
Measure approximately 4in up headband from turned over edge at ring and cut a slit wide enough for 27in lace to be threaded through. Do the same for the noseband. Measure approximately 9¾in up from edge turned over ring on headband and cut a slit wide enough for 37in lace to be threaded through. Thread lace through, cut slit in end of lace so other end of lace may be threaded through, thus securing it to headband. Measure approximately 11in up from edge turned over ring on opposite end of headband and attach 4in strap, slightly angled downwards with dee threaded on.



To join headband and noseband, cut slits in 27in laces at one end. Take one lace, thread through slit in headband to the back, then thread through noseband slit from back to front then across to headband and through slit in lace. Tighten till strap edges are roughly 3in apart, then wrap back round lace to other end. Thread lace through loop of lace that goes through slit in noseband and make a half hitch and pull tight. Cut off excess lace if any.



Finished halter



The Shearin' Shed

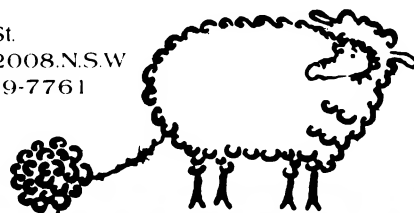
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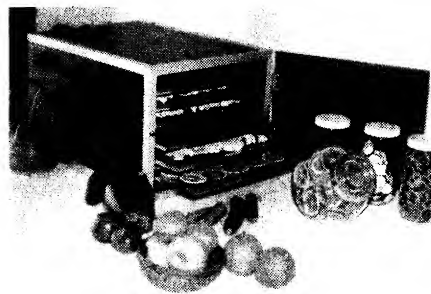
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Organizing Play Space

By John Mason, Lilydale, Vic.

There is little properly researched or documented information on play environments in Australia. Despite this overwhelming lack of a logical base on which to develop play environments, we do have what has become a multi-million dollar industry supplying playground equipment. Communications we have had with individuals from all over Australia, suggest most of our playgrounds are limited in both the play possibilities they offer children as well as in the amount of use children make of them. There are very few playgrounds which will be used regularly for extended periods by the same child.

The vast majority of monies spent in Australia for children's playgrounds, goes to the purchase of rigid play equipment. In comparison, with European countries, it appears Australia is allocating a relatively low proportion of its playground dollar to such things as research, community participation, planning and design, general landscaping, and most of all, play leadership.

There is a general belief in our country that the traditional 'swing, slide and see-saw' playground is more important than it really is to a child's play needs. This is demonstrated by the constant flow of demands from community to local government asking for some 'playground equipment' so the children won't have to play down the creek or in the street anymore. There is an assumption on behalf of most parents that the provision of such playground facilities will solve all their children's (and their own) play problems. This assumption has no researched backing — in fact the indications are that it is completely wrong. This type of demand however is leading to the questionable spending of millions of dollars

each year on playground equipment in Australia.

Some playground designers are beginning to consider creeks, streets and bush, etc. as valid play spaces although these considerations unfortunately lack solid investigation.

There are many different types of play spaces as listed below. There needs to be a greater consideration of all of these and other possibilities if we are to improve the provision of play facilities in this country in the future.

Types of Play Spaces

Natural Areas — creeks, bush, paddocks, dams, swamps, etc.

Streets.

Concrete (Urban) Jungles — many places we create in urban areas though not intended as such, do become playgrounds, whether good or bad. Drains, rubbish tips, demolition sites, etc.

Prefabricated Equipment — 'Big Toys'.

Traditional Supervised Playground — to a point has organised activities offering arts and crafts, drama, dance, etc.

Landscaped Area — mounding, walls, trees, fences and other landscape components create an interesting area for play.

Community Participation — built by the users through working bees often using recycled materials. An affinity develops for the facility which gives it a different position in the eyes of the community.

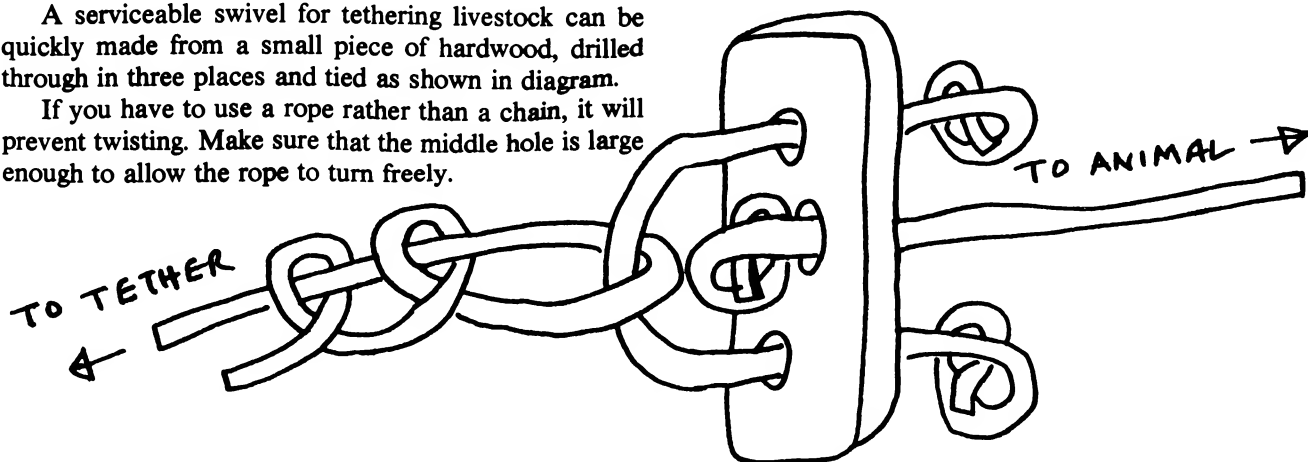
There are, of course, many other possible play areas which could have been included. All the possibilities need to be considered.

TETHER SWIVEL

By K. Lee, Minmi, N.S.W.

A serviceable swivel for tethering livestock can be quickly made from a small piece of hardwood, drilled through in three places and tied as shown in diagram.

If you have to use a rope rather than a chain, it will prevent twisting. Make sure that the middle hole is large enough to allow the rope to turn freely.



WINDPOWER AT 'OUTLOOK ALTERNATIVES'

By Andrew Blair, Oxley, Victoria.

The Alternative Technology Centre — Outlook Alternatives — is not really situated in an area suited to wind power. The Oxley-Wangaratta district has times of significant and very strong winds, such as the winds about five years ago which blew down the Anglican church and unroofed several other buildings at Milawa. For much of the year, however, wind speeds are low. In summer, when water is required for stock and garden, the wind is often absent. In this district, wind pumps are often used to lift water into dams or large concrete tanks from underground so that there is sufficient storage for the windless days. For summer garden watering, wind power is generally unsatisfactory.

Despite these drawbacks, it was decided that wind power should be a part of the many displays at the Alternative Technology Centre. The first wind powered item to be put on display was a second-hand 1 kW wind generator.

The wind generator is a 3 bladed Dunlite model L which carried the Quirk's label on its tail. It had served a family for four years before the S.E.C. made it redundant in the mid 1950s. It had obviously been out in the weather longer than four years as the aluminium components were quite badly corroded. We dismantled and overhauled the whole unit. The main support bearing of the turning section as well as the bearings in the feathering section of the propellor head were in a bad state and had to be replaced. New brushes and braking rods were fitted. The corroded aluminium sections were cleaned up and the whole unit painted. New wires to the slip rings replaced the old ones with their perished rubber insulation. A local electrician helped considerably in supplying suitable wire and the ball races were purchased from a local supplier. Parts supplied by Dunlite were very costly. The original tail was bent and damaged, so a local plumber cut and folded a new one from heavier gauge galvanised flat iron. The complete overhaul took a couple of weeks but trouble-free operations for a few years to come should be the result.

The 30 ft high tower was not designed for a wind generator, but a Southern Cross wind pump. The minimum height of the towers recommended for wind generators is 40 ft, but even so, on the 30 ft high tower the generator turns quite freely when on the ground there appears to be no wind at all. The generator was attached to the tower and then a mobile crane lifted the lot so that the legs stood in the holes in the ground and concrete was



poured in. Ropes were required to hold the tower steady while the concrete set as a wind sprang up soon after the job was started. The platform at the top of the tower had to be completely removed so that the feathered blades did not strike the timber. The lever to apply the brake was missing so a concrete block with a hook in it was made. To stop the generator, this block is hung from the end of the wire attached to the brake.

Electrical wires from the top of the tower were run down the inside angle iron of one of the legs and then underground to the display centre building where the batteries and voltage regulating gear are located. Sixteen second-hand 2 volt 200 ampere hour batteries were obtained at scrap metal prices and connected up. The brake was released and the generator started charging.

The S.E.C. is also connected to the building and is being used for power. When finance permits, an inverter will be used to convert the 32 volt D.C. to 240 volt A.C. and we should see a reduction in S.E.C. costs. The

Centre's power demands are very modest, but even so the wind generator would probably meet our power demands for only part of the year — perhaps 6–8 months. Back up with photovoltaics would produce an efficient integrated system.

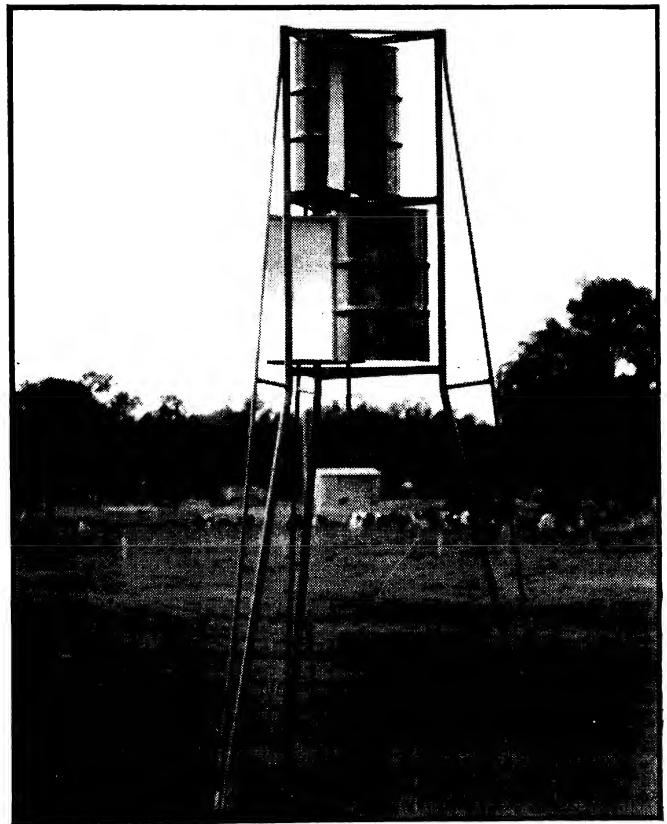
The other wind-driven item is our Savonius rotor. Having heard of so many Savonius wind rotors being damaged or blown down in strong winds, we decided to make ours as solid as we knew how. The two 44 gallon drums were selected from a large heap of drums at a chemical factory. They were comparatively free from dents. They were cut in half using a steel cutting abrasive wheel in a hand power-saw. The two halves were bolted on to steel plates and balanced on the main shaft which was a piece of 1 inch diameter precision shafting. This shafting is supported in the main frame by three self-aligning ball races. The mountings for these ball races are cast rather than the lighter pressed steel ones which were also available. The frame and stand was made as a single unit all welded together. The final welding was to attach the central supporting angle iron. This was done with the shaft in position so that it was correctly aligned. The only bolts in the entire frame are those which hold the bearing mounts in place. Grub screws prevent the shaft from moving vertically.

The drums were treated with rust inhibitor and then undercoated with zinc chromate metal primer. This does not stand up to the weather very well so a full gloss enamel was used as a finishing coat. With the outside of the drums brown and the inside white, the rotor looks very smart as it spins. The steel frame is made largely of galvanised pipe, but all the welds and black iron components were painted with cold-galvanising to prevent rusting. To improve its appearance, the stand was also painted with full gloss enamel paint.

The stand has no diagonal bracing, which would increase its rigidity, although since its erection there has been no suggestion of it blowing over. We have had strong winds, but no gales yet. In a strong breeze, it would at an estimate, produce about 200 watts. As yet it is not doing any work so it turns in the slightest breeze. We'd like to have it working some children's playground equipment but it would, of course, be quite suitable for pumping water, for operating a pottery wheel, blacksmith's bellows, etc.

For pumping water, it is hoped to have another vertical axis windmill and perhaps a conventional mill but limitation of finance and manpower are restricting the rate at which these and other displays can be added.

People wishing to visit the Centre are most welcome as are school and bus tour groups. The Centre is open Monday to Saturday 10 a.m. – 5 p.m. or Sunday 1 – 5 p.m. It is situated at Oxley, near Wangaratta, in North-Eastern Victoria. Telephone 057-273-261.



The Savonius windmill is a recent addition to the displays. It was made in the farm workshop.

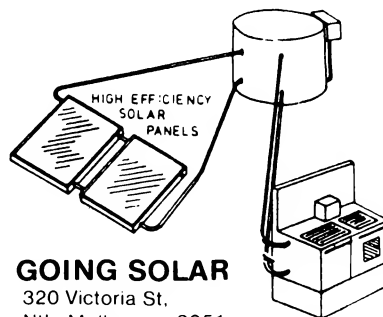
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Poetry

OPEN WINDOWS

*In my freedom my thoughts sometimes offer you time
It means I love, but I carry no rope.
I hold only a hope that you're happy,
and a moment my memory caught . . .
both cared when we met.*

*Now with love I release you — but whilst in flight
if you, or your thoughts, ever offer me time,
you are free (in your freedom) to care.*

*And if it's next Spring you fly back here,
I, too, may have flown —
but the feeling shall be near.*

*In my corner of sky I offer you time
It means I care, but I expect no return.
All I hold is a hope you are happy
— and a love without rope.*

Spider.

FLOWERS

*Flowers flowers flowers
pretty little flowers
Swimming through my mind;
petals pure as water
from a mountain spring,
bathed with nature's sweetest scent,
and at the heart, nectar so superb.*

*Dew drops decorate your blossoms,
sparkling tears of beauty
in the morning light.*

*Oh if man had soul so simple as
a flowers,
There would be no need for a God
to exist.*

George Carter.

GRASS ROOTS

*My roots are ever in the grassy plains.
After the rains
The beauty of the touch of Nature's Hand
Sweeps the harsh bare land
With ever-flowing green as of the sea
Billowed in the wind,
Waving triumphantly
Midst rainbow brilliance of flowers
Wild in Spring.*

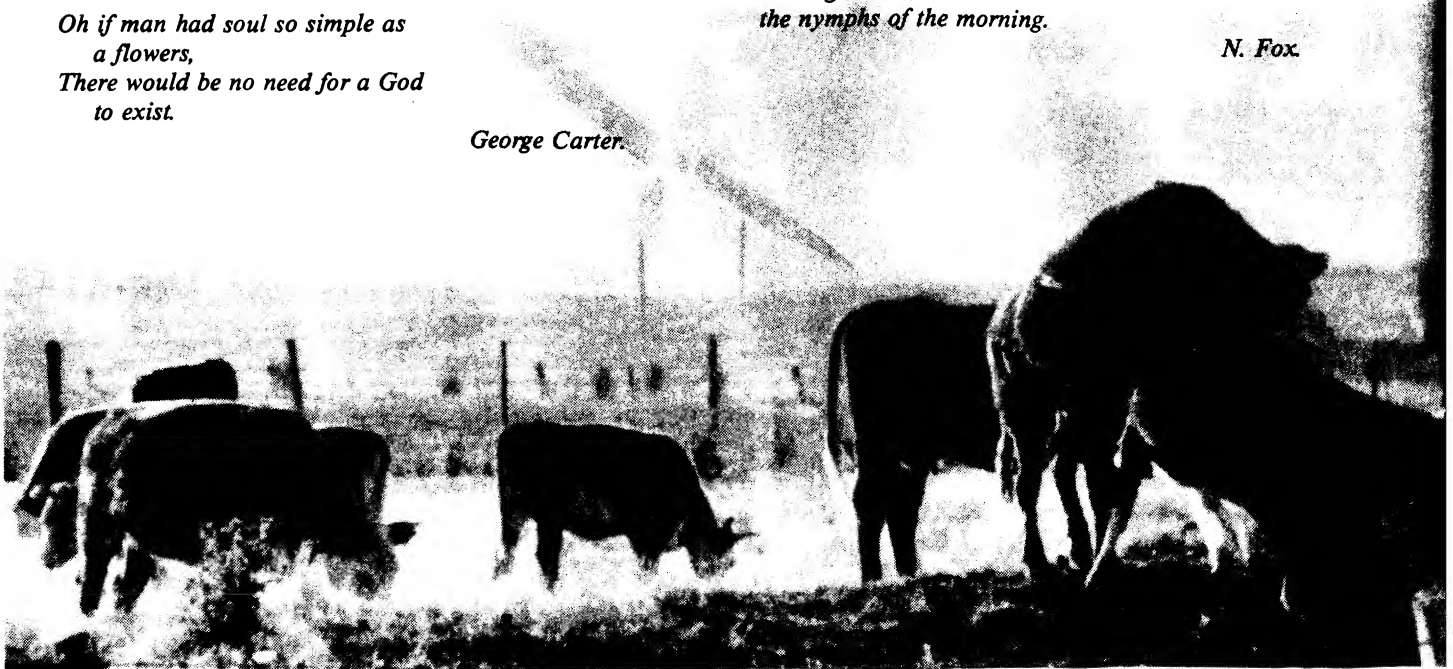
*Grass Roots. They clamber through the
hardened earth, so long captive there,
At first cool penetration of those long awaited
raindrops from the sky,
Which had not seemed to hold a tear for their plight.
That sad survival fight
Which has, at last, been won . . .
And covers every inch so far as eye can see,
with brilliancy
Of Life once more, to hardened weary souls
Who love The Great Out-Back and suffer for it,
Grass roots ever in their flowing veins,
But oh, alas, dependent so, upon
The Wonder of the Falling Rains.
My grass roots never wither, whither e're I go.
Treading Memory Lane each Spring again.*

Joy Lodge.

COCKATOOS

*Sun-flashed and cocky white
they flee,
frost speckled,
moon guarded,
the nymphs of the morning.*

N. Fox.



GUMNUT

*and gum-nut said. 'nothing worth noting'. to the
yellow gremlin chainsaw. who mulled over this deep
thought. conceded that ferns are green this year.
much easier to see, ate nineteen jarrah for lunch.
burped carbon-monoxide. thought aloud that koalas
didn't like pine-needles. ate fifteen red-gum at smoko.
swilled six bottles of petroleum. seemed surprised
that the distant mountains could be seen today.
used western red-cedar to pick razor teeth. ate
fifty mountain-ash before knock-off. this pleased
the boss. absentmindedly swallowed gum-nut. wondered
why he had never seen possums shaking their fist before.*

John Price.

YOUR GREATNESS

*Lord, your greatness is so wondrous
to behold.
In many small ways —
a sense of belonging.
Created and yet,
our acknowledgement is rare.
Praise and honour should be yours —
but we've stumbled.
Lord, make us aware
and brighten our minds —
So that we have the ability to enjoy
what is yours.*

Ruth Parish.

AFTERMATH

*Snow has fallen after bushfires,
Smothering jagged stumps. Scorched gums,
Warped with by-passed outrage,
Jab the cold.
Without remorse a tenderness in gold
Excites sapling tips.*

Yvonne E. Sullivan.

THE DROWNING OF DR PLEASE-NO OR CONTINUING THE SAGA

*How can I join her in a cup of tea?
he thought
but he tried anyway.
first one foot,
then the other
legs, thighs, tummy, arse.
aren't you coming in too?
he asked
two lumps please
then the spoon hit him on the head
and he disappeared from view
gurgle gurgle.*

Tony Johansen.

VISION NUMBER NINE

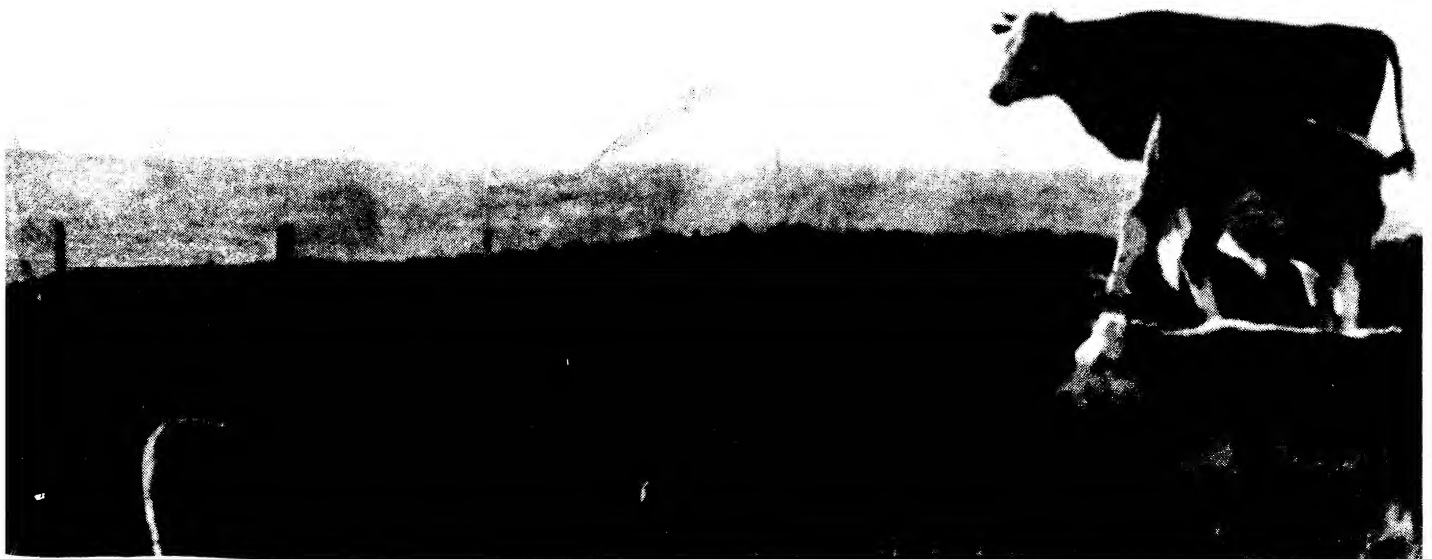
*Where are you going so lonely
I hear your sobs
Like tolling bells
In winter.*

*Your suitcase waits —
Sentinels at crossroads listen,
Their eyes streaming.*

*Horses,
their eyes wide,
run before
unknown terrors.*

*I watch
unguarded emotions
screaming
surrender.*

Keppel.



Kids Pages

Dear Grass Roots,

I am eight years old and will be nine in April. I would like a girl penfriend the same age as me. I live at a small iron ore town in Western Australia.

Thank you.

**Leon Joyce,
P.O. Box 233,
PANNAWONICA 6716.**

Dear People,

We are brother and sister each looking for a penfriend – it would be great if they were in the same family.

My name is Rachel. I'm ten and I like to play netball and write poetry. I enjoy making craft things and playing with young ones. I have a dog called Kinta and would love a pony.

I'm Adam and I'm eight years old. I like writing stories and playing football, making things and helping Dad. I used to have a pet lizard and now I would like a pet snake. I like birds and animals.

We are going to live in the country soon, near Nananago, Qld. Mum said not to forget our brother Storm – he's six and can't write very well yet. He likes chocolate cookies.

**Rachel and Adam Richter,
10 Michelangelo Street,
Fig Tree Pocket,
BRISBANE 4069.**

Dear Grass Roots,

I would like to put a letter in your magazine. I have been making herb pillows on the sewing machine.

My name is Melissa Jane Jewell, my age is seven years old. I like doing sewing.

It would be nice to put a letter in your magazine.

**Melissa J. Jewell,
Gardiner Road,
WALPOLE 6348.**



**COOK'S
CORNER**



FRUITY SPECIAL

- 1 banana
- 1 cup orange juice
- 1 cup yoghurt

Place ingredients in blender and whip. Serve cold – delicious!

THE TINIEST GUINEA

Bubby was a tiny baby guinea fowl (called a keet) and he had no mother. Mrs. Chooky had sat on the eggs for weeks and weeks and when only one tiny funny coloured baby came out she was disgusted. 'No, it's not mine' she clucked, and just walked away. Poor little Bubby was left all alone. When we found him he was cold and miserable so we brought him in and cuddled him into a hot water bottle. 'Yippee,' we thought, 'A pet guinea fowl.' But Bubby had other ideas. He wanted a real mother, and he chirped and grizzled and then shouted louder and louder as he told us. 'Perhaps he's hungry', we thought, and tried to give him some mash. He closed his little beak tightly and looked the other way. How about some water then? But no, the same thing happened. All day he shouted and we tried to feed him and by bedtime he was cross and tired and probably really hungry by this time but he was not going to be fed by us. Bubby wanted his real mother.

Next day we wondered what we could do. We looked around the yard but there were no mothers with baby keets we could slip Bubby in with. It really looked as though poor Bubby would starve. 'Mrs. Quail' we suddenly thought, 'What about Mrs. Quail?' She was our lovely brown hen with soft fluffy underskirts and she just adored babies. At that moment she had eleven little keets, but they were much older than Bubby, nearly three weeks older. We took him out to see Mrs. Quail and her family. But when we looked at Bubby and then looked at her babies, he looked very, very small. However, when she called her little ones to have a look at an insect Bubby became very excited. This was a mother he decided, she looked and sounded like a mother and what's more she was going to be his. He struggled and squeezed out of our hands and raced after the keets, trying to keep up on his little legs. Because he looked just like them the other little keets didn't worry about their new brother and Mrs. Quail was so busy looking for insects and worms that she didn't notice she had an extra baby. When we came back later, Mrs. Quail was sitting down, her underskirts all fluffed out whilst all around and under her feathers were lots of little orange beaks and feet. But most important of all there was one pair of orange feet and one tiny beak snuggled in there that were much smaller than the others. Little Bubby had found a mother at last.



MAKING A SEWING CARD

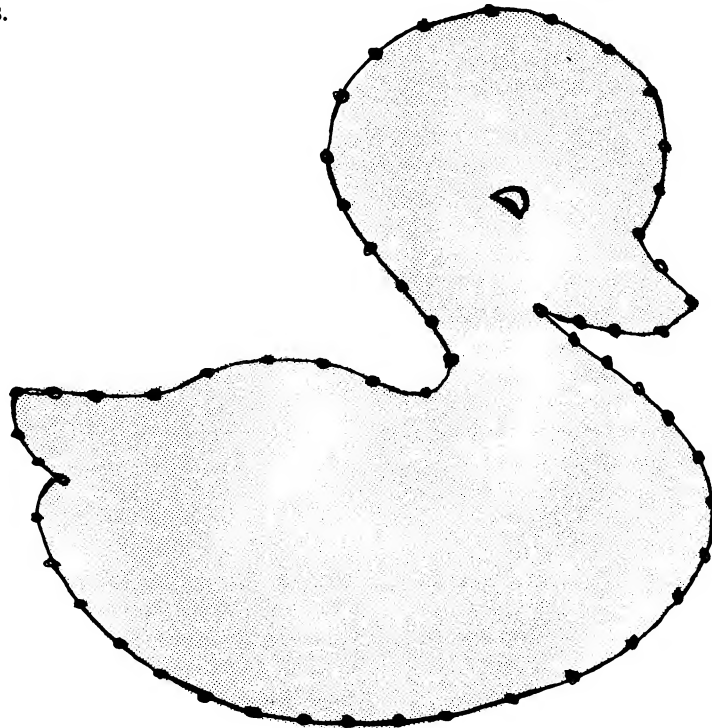
By Margaret Salmon, Hivesville, Qld.

Sewing cards make good presents for younger children and are quite easy to make.

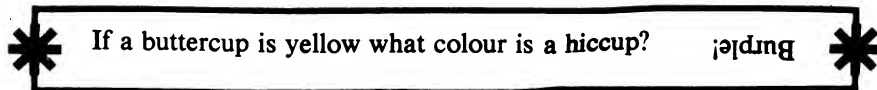
First look for a suitable picture to draw around. You need only an outline and the simplest details. Birthday cards, paint book and magazine pictures can be used. Make sure the picture is bold enough to sew around.

Look for a piece of thin card or stiff paper. The plain side of food packets, postcards or the white card which comes in packets of stockings or tights can be used. On the plain side of the card draw a bold outline around the outside edge of the picture you have chosen. Mark dots all round the outline about $\frac{3}{8}$ in (1cm) apart. Pierce holes through the dots.

Using knitting wool or yarn, thick embroidery cotton or silk with a tapestry needle, a small child can sew in and out of the holes.



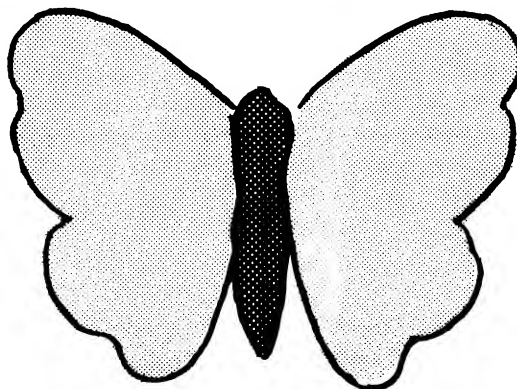
Some more ideas for your sewing cards. You can use flowers, a puppy, a cat, a house, a cow, a pig, a goat, a teddy bear, an easter egg, a person, a chook, a birthday cake, a big red apple, a bird and lots, lots more.



BUTTERFLY BOOKMARK

Materials:

- metal hair clip
- cardboard
- textas
- Superglue
- Draw a butterfly shape on the cardboard and cut out.
- Colour in with textas.
- Glue the butterfly onto the hair clip with the glue, holding it together for a few minutes.
- Clip it to the page of your book — it will not fall out.



While the Billy Boils.....

'One thing we notice at Findhorn is that the attitude of the cooks has a tremendous effect on the whole community. It is a pivotal job, and must not be performed by someone who considers it to be a drudgery. The same is certainly true in every home. The consciousness you bring to the job is transferred to the food, and from there to your family. So cooking is really a way of giving; a daily ritual of bringing Spirit into matter.'

The Findhorn Family Cook Book.

While the Billy Boils is a regular part of Grass Roots and hopefully will spare you all the frantic hysteria of searching for a recipe you *know* is somewhere amongst the Feedback pages. If you have any favourite wholefood recipes for utilising surplus garden and orchard produce, or nutritious cake or bread recipes or even cookery hints, then send them in. We would all love to read them and try them out.

Here are two recipes for mayonnaise that we use from *The Book of Tofu*. The tofu mayonnaise contains only a quarter of the number of calories compared to commercial mayonnaise.

TOFU MAYONNAISE

- 6 oz tofu, drained and pressed, or firm tofu
- 1½-2 tbsp lemon juice or vinegar
- 2 tbsp oil
- ½ tsp salt
- Dash of pepper (optional)

Combine all ingredients in a blender and puree for about 20 seconds, or until smooth. Refrigerate in covered container — will stay fresh for 2-3 days.

SOY MILK MAYONNAISE

- ¾ cup (rich) soy milk
- ¾ cup oil
- 1-1½ tbsp vinegar or lemon juice
- ¾ teaspoon salt
- ½-1 tsp honey (optional)
- ¼ tsp wet mustard (optional)

Combine soy milk and half the oil in blender and puree at high speed for 1 minute. Slowly add remaining oil in a thin stream. Gradually pour in vinegar or lemon juice, then add the remaining ingredients. Puree for 30 seconds more or until fairly thick. Chill briefly to thicken further.

The Connor Family, S.A.

CUCUMBER SOUP

- 1 large or two small cucumbers
- 1 onion
- Little celery
- ¾ pint white stock
- 1 oz butter
- 1 oz flour
- ½ pint milk
- Seasoning
- Parsley to garnish

Chop the cucumber and onion and celery. Put into a saucepan with the stock and simmer till tender, about 20 minutes. Rub through a sieve. Meanwhile make a white sauce with the butter, flour and milk, add the cucumber puree and reheat. Season well. A little lemon juice or vinegar can be added when heated but do not boil again. Garnish with chopped parsley.

Val Nolan, Qld.

PUMPKIN SOUP

- Half small pumpkin
- Onion, garlic

- 1 cup milk
- 2 dsps plain wholemeal flour

Boil pumpkin until tender, add onion and garlic (caraway in this is yummy too). Mash or blend with lots of butter and milk, after you've drained the boiling water into a separate dish. Back in pan with the water, stir and add the flour (made into a smooth paste with milk). Re-boil. Remove from heat and stand about ½ hour (the soup, not you) with lid on. Reheat but don't boil again. This is nice with scones (not pumpkin, I couldn't stand it! or 'pitta' type breads.

Debbie

OATMEAL HAMBURGERS

- 2 tbsp peanut butter
- 4 tbsp milk
- 1 tbsp soy sauce
- 1 cup rolled oats
- 1 onion chopped
- ½ teaspoon salt
- 2 eggs beaten

Gradually stir the milk into the peanut butter then add soy sauce and salt and then the beaten eggs. Add rolled oats and let stand. Lightly brown onion in a little oil and add to oat mixture. I usually let this mixture stand about ½ hour so oats absorb some of the liquid. Heat oil in pan and brown about 1 tbsp of mixture both sides. Remove from heat and prepare sauce.

Sauce

- 1 tbsp tomato paste or tomato juice
- 1 cup water (add more if needed)
- 1 bay leaf
- Onion salt

I usually make the sauce in the same pan after I have finished browning the hamburgers. Mix the tomato paste with the water, add other ingredients and bring to the boil. When boiling add the hamburgers to the sauce. Cook in the sauce 15 minutes and then turn over, 15 minutes on other side.

ITALIAN HERB SEASONING

- 1 tsp thyme
- 1 tsp paprika
- 2 tbsp basil
- 1 tsp garlic powder (optional)
- 1 tbsp rosemary
- 2 tbsp oregano
- 1 tsp tarragon

Place all ingredients in air-tight container. Cover and shake thoroughly to blend. Yields approx. ½ cup.

Barbara Warren, Ballarat.

PUMPKIN CARAWAY BAKE

½ small pumpkin
Large onion chopped
3-5 eggs
1 cup grated cheese
1 cup cottage cheese
Cup milk
Garlic, parsley, marjoram, dill
Breadcrumbs
Caraway seeds

Steam pumpkin, onion, garlic, seeds, marjoram until tender. Put into greased casserole dish. Beat eggs, cheeses, milk and pour into dish. Mix breadcrumbs with chopped dill and parsley and top dish. Sprinkle with grated cheese.

Debbie

APPLE NUT LOAF (YEASTED)

Scented with vanilla, zested with orange peel, moist and fruity. (Two large loaves).

2 tbsp yeast
½ cup sweet cider (lukewarm)
1 cup honey
½ cup oil
4 beaten eggs
½ tsp salt
2 tsp vanilla extract
2 tbsp finely chopped orange peel
4 cups whole-wheat flour
4 cups raw apples with skins, grated
1 cup nuts, coarsely chopped (no peanuts)

Optional

1 tbsp cinnamon
1 tsp allspice
1 tsp nutmeg
½ cup coconut
½ cup dates or raisins

Soften yeast in cider. Blend honey, oil, eggs, salt and flavourings. Add yeast mixture. Stir in remaining ingredients. Turn into oiled loaf pans. Let rise one hour. Bake at 350-375° for 40-60 minutes.

Sally French, Qld.



RASPBERRY VINEGAR

Pour one pint of vinegar over 1 quart of raspberries and stir. Cover the mixture and let stand for three days. Stir it each day then strain through a cheesecloth. To 1 pint of liquid add 1lb of sugar and boil for 15 minutes. Skim off what boils to the surface or it will cause fermentation. Bottle and store. When drinking it add a little syrup with ice cold water.

ELDERBERRY SYRUP

Wash and strain ripe berries. To a bucket of berries add approx. 1 bucket of water and 2lb sugar. Boil for 20 minutes, stirring constantly. When it has cooled, strain and bottle.

Celia McCrossen, Kingston, Tas.



In Grass Roots No. 28, Mrs. N. Wearing requested a peanut butter recipe. Below are some readers' favourites. Remember when purchasing nuts that they keep longer in the shell — shelled they become rancid in a short time unless refrigerated. The major problem with peanuts is their susceptibility to mould; research has shown that the mould contains a cancer causing substance called aflatoxin. This factor has become recognized by health authorities who have drawn up legislation proclaiming maximum permitted amounts of aflatoxin. Fresh peanuts taste remarkably like garden fresh peas.

PEANUT BUTTER

Put 8 oz shelled unsalted peanuts in a blender, add a good pinch of salt and 2 tbsps oil. Blend for 15 seconds then push down the nuts with a wooden spoon. Blend again for 15 seconds, push down again, blend for a further ten seconds. By this time you should have crunchy peanut butter. For smooth peanut butter blend for a further 2½ minutes.

Muriel White, Jabiru 5796.

Lightly roast peanuts in oven or under grill, stirring to free skins. Cool, take outside and blow away skins. Mince in old type, screw-to-the-table mincer as the oil goes everywhere. Keep a big open dish under it to catch oil, to stir back into butter. If mixture is too dry, add olive oil. Salt to taste and that's it. You can make walnut butter the same way. Try adding chopped green sweet herbs for variety. Another good one for lunches — finely chop mint and pound or mince with raisins. Keeps well if airtight.

June Allen, Manly.

500g (1 lb) unsalted roasted peanuts
½ teaspoon salt
½ cup oil, approx.

Place half the peanuts into electric blender, blend on medium speed, gradually adding oil; blend until mixture is smooth and thick. Add remainder of peanuts and salt, blend a few seconds more for crunchy peanut butter, blend longer for smooth peanut butter. A little extra oil may be needed depending on how quickly the peanuts absorb the oil. Makes approx. 2 cups.

Marie and Marty, Epping.

Roast hulled nuts for 20 minutes at 300°F (149°C) to 325°F (163°C) turning occasionally. Then put them through a mincing machine, grinder or blender. This may have to be done several times depending on how crunchy the finished product is wanted to be. Add a little salt and a dessertspoon of honey per pound of peanuts (0.5 kg). Then mix in a peanut or vegetable oil until it reaches a spreadable consistency.

Lee. Qld.

Shell the peanuts, chop them up fine, then slowly add a pure cold pressed oil (say sunflower or safflower). I use a kitchen whizz to chop them as I like it crunchy. I change to a mixing blade before the nuts form a paste. I use half oil and half honey, that way it's not as oily. Watch out for stale peanuts which contain a mould called aflatoxin and is considered to be carcinogenic.

Lynne Wilkins, Dee Why.

OUTBACK DIARY

By Maureen Wright, S.A.

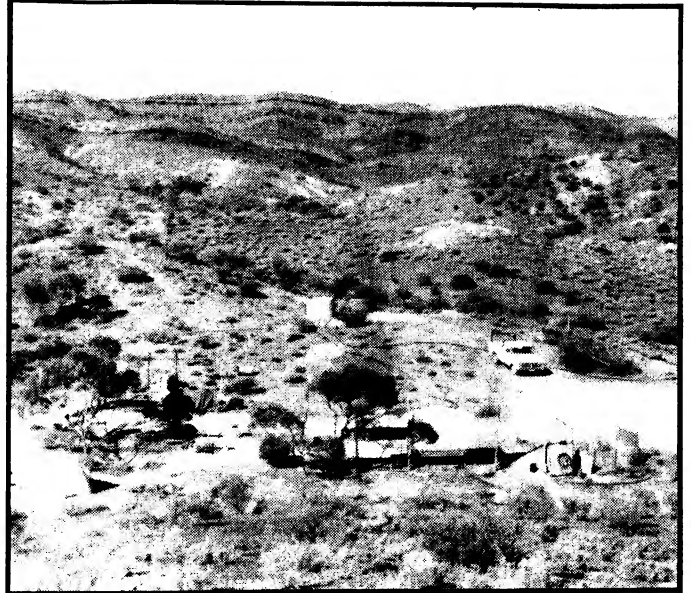
Listening lately to the weather reports for Adelaide has made me appreciate our camp here in the far north. A deluge of rain has fallen on southern South Australia; agricultural land is too wet for seeding where not long ago it was too dry. Road weather alerts, fog, hail, flooding . . .

Well, we're enjoying warm sunshine every day. To be truthful we did get bitingly cold winds from the south for a week or so and a few cold clouds drifted across the sky, but all in all we can boast a perfect climate in the outback in the winter and early spring. A much needed inch of rain (no-one has millimetres up here) fell during the school holidays in May and stranded many holiday makers for a few days. Innamincka had several inches and I'm told the country around Clifton Hills station looks beautiful just now after quite a few inches. The sand hills are carpeted with flowers and the herbage is green and lush.

Here amongst the hills the vegetation of the stony desert revived briefly and very small plants have germinated, but without more rain they will soon wither and die. The weather is still the main topic of conversation on the transceiver and anyone with access to television is called on to give a description of the weather map each day. We're not anxious for more rain. It dampens down the creekbed dirt we are trying to sluice and it won't run through the hopper.

Meanwhile we have discovered the satisfaction of mud brick making. The small white tent we've been using as a tool shed is bursting at the seams with excess gear, so we've decided we must build a shed. Since we don't intend to be here more than a few years we decided it should be either transportable or inexpensive and we've opted for the latter. Not that mud bricks are really inexpensive when you consider the time involved, but it's just plain good creative fun. Any visitors seem delighted to lend a hand, stamping in the mud patch in rubber boots or shovelling the mixture into the mould.

For a shed approximately twenty feet by eight feet by seven feet high, we estimate we'll need about 650 bricks each 15in by 10in by 5in, allowing for a large door and one window. Our mixture is mainly the washed dirt from our sluicing — fine gravel with a little silt in it. Because it dried into hard lumps in the dump we thought it would be very suitable. We consulted G.F. Middleton's book *Build Your House of Earth* (reviewed in G.R. No. 20) in our search for advice on what earth to use. He gives a simple method for testing the soil as follows:



Our camp in the middle of hot northern S.A. with water tank, caravan and all bush conveniences.

Take about 1½ quart measures of the soil, spread it in a dish and thoroughly dry it in an oven or in the sun. Then measure exactly one quart of this dried earth, put it in a fairly large vessel and subject it to repeated changes of water, or gently running water until all the fine material (clay and silt) has been washed away. The remainder is the sand and gravel. Dry this and put it in the quart measure; now the exact proportions can be worked out simply by deduction.

Later he writes:

Adobe block construction permits a very wide range of soils to be used. Any soil which by analysis is found to contain between 80% clay, 20% sand and 40% clay, 60% sand, may be used.

We used a jam tin and a mining pan and omitted the drying. Two jam tins of earth were put in the pan and washed repeatedly until the water was clear, then the remaining gravel was put back in the tin. There was slightly more than one tin full. Since this was about the upper limit recommended for gravel content we decided to add some bull dust to our mixture. There's plenty of it about here — when it's dry the station roads powder up

badly and everyone who travels this country wears a thin film of dust all the time.

During our first week of brick making it rained and upset our plans somewhat. In this dry country we hadn't considered that possibility. We covered what bricks we could with tarps and managed to save about half; since then we have had dry weather — two months of it — and they have dried out really well. Last summer, while in Adelaide, we attended some excellent lectures by adobe architect, Richard Tossani, which helped us with our basic ideas. I can see one of the reasons why he recommended post and beam construction for building a house with mud bricks, as putting up the timber frames and roof first gives a sheltered space in which to make and dry the bricks.

We're short of sheltered spaces here, hence the need for a shed. Most of the time things can be left out in the open but there is quite a scramble when it does rain.

We have 450 bricks made, with about two week's part time work to finish the required number. So back to work!
Build Your House of Earth by G.F. Middleton, published by Second Back Row Press, P.O. Box 43, Leura 2781.

HAIR TREATMENT FOR BRUNETTES

To four ounces of liquid honey add two ounces of pure olive oil and store away in a warm place such as the airing cupboard.

When you want to wash your hair, first give it the treatment. Shake the bottle so that honey and oil mix thoroughly; they will separate when standing. Then massage a generous amount of the mixture into the hair and scalp and continue to work the lotion into the scalp for some minutes. Warm the head. Allow the lotion to remain on for twenty minutes to half-an-hour, and then wash the hair in a *good* soapy shampoo. While it may not prevent hair greying, it will help to maintain both its colour and healthy lustre and keep the scalp very clean. Use four to eight times a year.

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Near Deloraine, close to mountains, 11 acres, fruit trees, good house, school bus, ample water. \$35,000.

40 acres, 3 miles Deloraine, electricity, creek, views over mountains and Deloraine. \$17,000.

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Close Launceston (23 mls.), permanent spring, very old cottage, no electricity, good red soil, views, surrounded by state forests. \$12,000.

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Approx. 12 acres, good soil, creek, electricity, school bus, quiet area. \$7,000.

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47 William Street, WESTBURY 7303. Ph. 003-93-1220.

FITTING FOR COMFORT

By Frank Povah, Victoria.

When an animal is harnessed to a cart or other implement, the saddle girth should be tightened until firm but not as tight as used for a riding saddle. The bellyband, which passes over the shafts and under the animal should have about three inches clearance where it passes under the animal's chest. Attached to this are the tugs through which the shafts pass. The purpose of the bellyband is to stop the shafts flying into the air if the load is too far back. You should be able to slip your hand between the breeching and the animal. This applies to the crupper also. The trace chains (or straps) should be of a length so that the animal does not 'snatch' or have to move too far forward before the cart moves. The collar is *very* important. It must be a perfect fit. Too tight and it will choke, too loose and it will rub. In either case it can damage the animal — perhaps for good. An old-time vet has said that, 'More illness is caused, in my experience with horses, by ill-fitting collars than any other single thing'. The measurement for the collar is taken from just in front of the wither to where the neck meets the brisket. A straight ruler is used. This is the measurement (taken through the centre, inside) of the collar e.g.

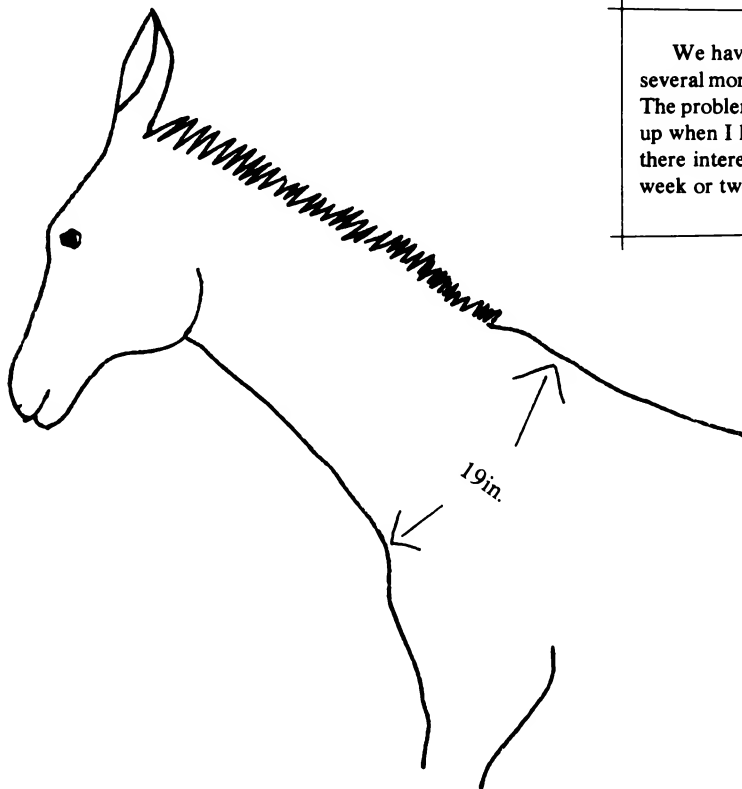
A tip for breaking in a new or secondhand collar. Make sure the collar is a good fit, then soak it in a bucket of rainwater till fairly pliable. Place it on the animal and pull a medium load around with it for a couple of hours then *carefully* remove it from the animal and *carefully* stand it in a cool shady place till *perfectly* dry, then give it a good soaking in neatsfoot oil and allow to drain. The collar should now be a perfect fit around the chest and shoulders. But remember — one animal, one collar. Never, never swap them around.

Hoof Oil

Blend together equal parts of animal fat and vegetable oil then add Stockholm tar to the required consistency. Keep in a sealed container. This was given to us by a first class farrier.

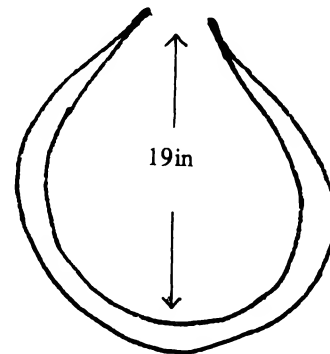
Harness Dressing

In a jar dissolve 2 oz soft soap in $\frac{1}{4}$ pint warm water. Add 2 oz finely chopped mutton suet, 6 oz shredded beeswax, 6 oz castor sugar. Put jar in hot water and stir slowly till blended. Do not boil. When dissolved allow to become nearly cold and stir in $\frac{1}{4}$ pint turpentine. Keep in small sealed jars. Apply with rag and polish with brush.

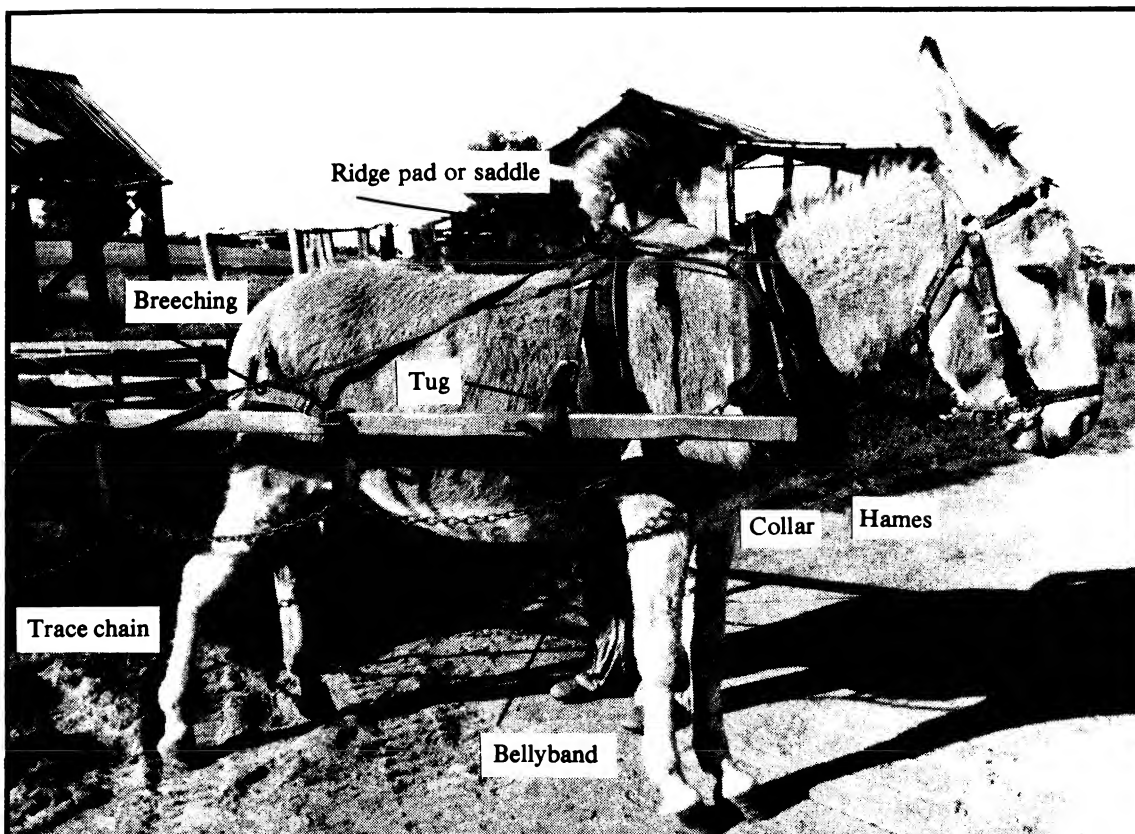


We have a difficult predicament. Bev has had to be hospitalised for several months and I'm involved in working long hours outside our place. The problem is our garden and livestock — poultry mainly. They're not up when I leave and in bed when I return. Would there be anyone out there interested in staying at our place and doing these few jobs for a week or two, or even longer?

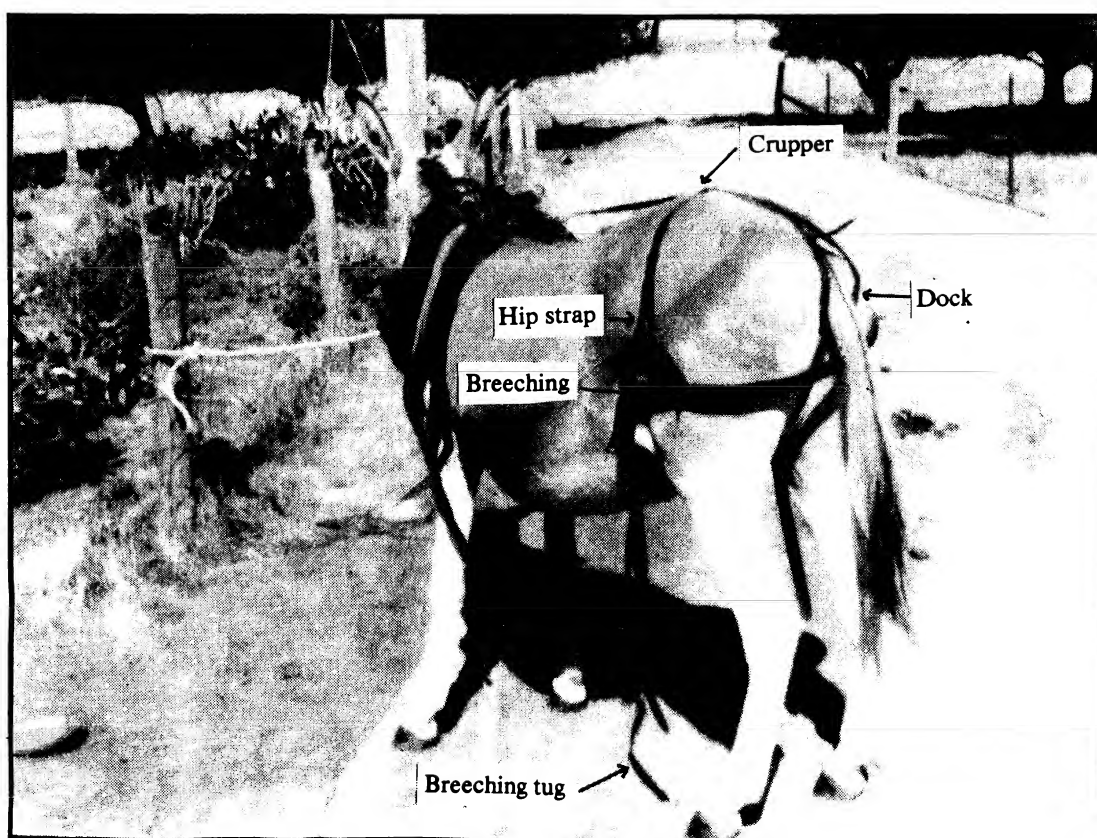
Frank Povah, R.M.B. 2011, VIOLET TOWN 3669.



Needless to say the hames should also fit the collar perfectly.



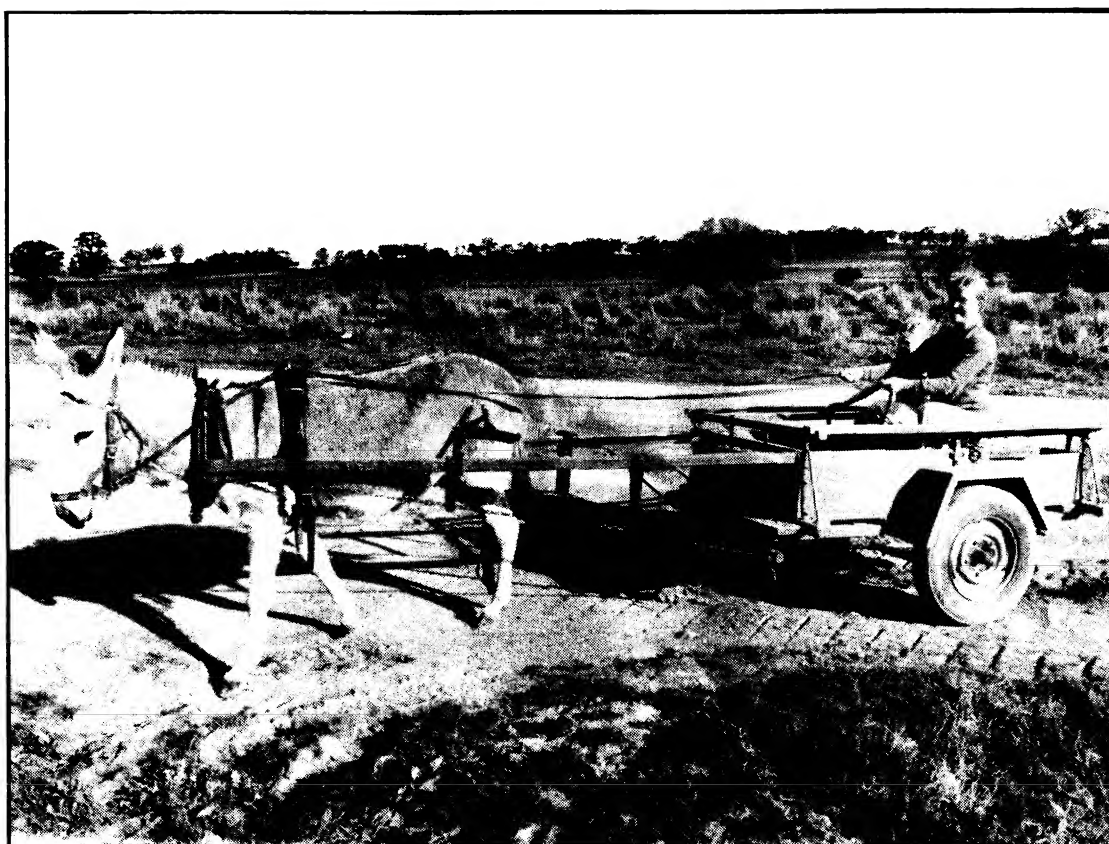
In the shafts and ready to go.



Hip strap and breeching, crupper and dock



Harnessing up.



A solid little work cart. We've carried 30 hardwood fence posts in it and no, it's not a converted trailer.

DESIGNING FOR ENERGY EFFICIENCY AND SELF-SUFFICIENCY

Part Four

By Stephen Ingrouille, Melbourne.

People who know my shop, Going Solar, would be aware that scattered between the equipment and hardware there is a book store. Now, amongst these books there are volumes which deal with farming, living off the land, energy, etc. — a cross between 'the practical' and 'the ideas' books. Probably because I deal with my books each day, the books I find myself reading on the train to and from work usually come from other bookshops or libraries. Recently I read Jean Avel's *Clan of the Cave Bear*, which is still on the best seller list of many bookshops. It's the story of prehistoric man and the means by which he lived and survived. The book is one of those thick paperbacks that is hard to put down, but you can take heart that it's the first in a series of six. After that, I read Russell Foreman's *The Ringway Virus* and the scenario here is of a virus in contemporary times that kills so quickly that it is to be the end of the human race unless of course 'a tiny few could somehow isolate themselves sufficiently to survive'. Gripping stuff (and shades of Golden Staph). I hope I'm not a scaremonger, but it is interesting to know how people did (or would) survive without the appliances we accept so readily today. Of course there are many books along these themes, and years ago when reading John Wyndam's *Day Of The Triffid* I was more interested in how they survived rather than the politics of what caused the blindness and the triffids. (Perhaps I'm becoming obsessed with survival because I've recently read how people survived the Spanish Inquisition and how Agatha Christie survived for several weeks when she disappeared in 1926!).

Presently I'm reading *The Egg And I* — an hilarious story by Betty MacDonald of a chicken farm which she and her husband purchased for \$450 many decades ago in very remote mountains in the USA. She writes: 'I used to harbor the idea, and who has not, that I was one of the few very fortunate people who was absolutely self-sufficient and that if I could just find myself a little haunt far from the clawing hands of civilization with its telephones, electric appliances, artificial amusements and people — people more than anything — I would be contented for the rest of my life. Well, someone called my bluff and I found that after nine months spent mostly in the stimulating company of the mountains, trees, the rain, Stove and the chickens, I would have swooned with anticipation at the prospect of a visit from a Mongolian idiot. And if the clawing hands of civilization could only have run a few telephone and light wires in there they could have had my self-sufficient right arm to chop up for insulators'.

In terms of electricity, we of the Space Age, have at least one advantage over earlier pioneers — solar electricity. Heat from the sun can be used to heat water with the aid of solar flat-plate collectors, but it is the light from the sun that is used in solar (photovoltaic) power systems. You may not be prepared to allow the clawing hands of civilization to cut a swathe through your precious bushland, particularly if they wish to charge \$10,000 for the privilege, so solar cells might be the answer for you.

People often ring me at the shop about solar cells and conversations sometimes go something like this:

'Do you sell solar cells?'

'Yes'.

'How much does it cost to run a normal house?'

'What's a normal house?'

'You know'.
'If you mean you want to run dishwashers,

electric stoves, fridges, etc., you can run anything — at a price! Do you have mains power on?'

'Of course, I just thought I could save some money on my electricity bill'

It is not generally economical to use solar cells where mains power (normal 240v) is connected, simply because mains power is still relatively inexpensive, though you may not think so when your quarterly bill arrives. In some states there is even an \$18 surcharge whether you use any power or not.

Solar cells are best used for running small TVs, radios, small power tools and lights. Usually any heating appliance (which includes fridges and deep freezers) is not suitable for use with solar cells. It is not economical to turn electricity into heat, even though we do it all the time with mains power.

Assuming you need some electrical power, why use solar cells? They are easy to install yourself, require minimum maintenance, contain no moving parts, consume no fossil fuel, are non-pollutant, silent and when further power is desired you can just add more panels as required. Solar cell systems are basically very simple, and as long as care is taken at the design stage, they should give trouble free service for many years.

How you supply your electricity depends on what you wish to run. My experience in designing and selling electric systems indicates that people requiring power fall into four main groups:

a) Those who want a basic system including lights, TV, music, small power tools and/or small water pump.

Here I would recommend running a 12v DC system such as one solar panel, batteries and appliances. Typical costs are about \$800. This system can be upgraded if more power is required at a later date. A petrol generator can be used for the occasional heavy use appliances such as an iron or washing machine. Fridges if required, should be gas or kerosene.

b) Those who still want a solar system but expect a heavy use of power — lights, TV, music, kitchen appliances, small power tools, pumps, etc. There are several ways of designing a suitable system and one way is to use three solar panels to charge up a 32v bank of batteries. You can then invert the power to 240v AC and run normal household appliances providing the batteries have sufficient capacity and that the rating of the inverter is not exceeded. Normally you would also use a petrol or diesel generator to run heavy use appliances, and while running it can be charging the batteries. This system may be more suitable if you already have a number of 240v appliances or where the house is wired for 240v. Typical cost of this system would be about \$3,900, and here again fridges should be gas or kerosene and stoves gas or wood fired.

c) Those who are using a diesel generator at present. You could add a bank of batteries and an inverter to this system at a cost of about \$2,500. The advantage would be that you would prolong the life of your generator by reducing the running time; you would also reduce the running costs and the noise problems.

d) Those who should connect to the mains power, because the requirements are those of a 'normal suburban house' — freezers, clothes dryers, electric stoves, etc.

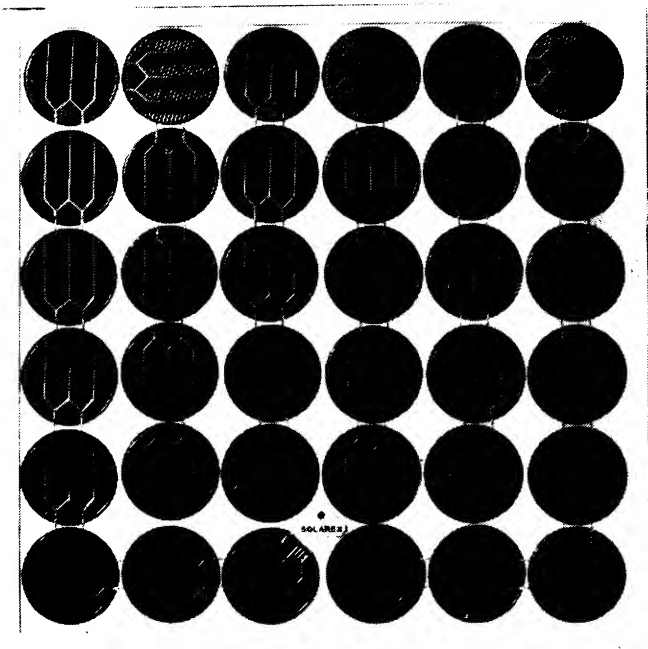
Remember, the lower your demand for power, the

lower the cost that your system will be. Think of how you can set up an integrated system using electricity for lights, gas for fridges, wood for heating and cooking, etc.

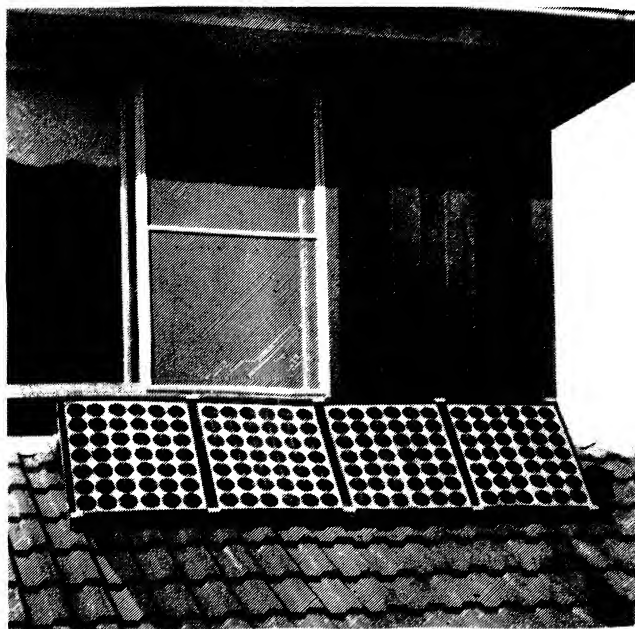
The design of your system is very important and as long as you purchase the correct number of panels, the most suitable batteries and the right size inverter, you should have a trouble-free system for many years. In the next issue of *Grass Roots*, I'll outline some typical systems, but if you are interested in using solar electricity then you have to do some homework first. Remember we are dealing with small amounts of electricity so it is important to be precise with your estimation of requirements. Here are the steps to take:

1. Work out what appliances you require.
2. Find out how many watts each appliance consumes (this should be on a label on the appliance or if you are purchasing new appliances, try and buy the most energy efficient).
3. Estimate how long you expect to run each appliance each day. (For example, you may say you want to run one light in the kitchen which uses 13 watts of power, and you estimate that you will run it an average of three hours each night. Do the same with all the appliances you wish to run.

If you would like some more information call in or send two stamps to Going Solar, 320 Victoria Street, North Melbourne 3051. Ask for the solar electricity leaflet. We also have a book *Guide To Solar Electricity* which is available for \$8.95 (or \$9.95 posted anywhere within Australia).



Close up of solar cells in a panel.



Panels in position angled to gain maximum sunlight.

WOOD FINISHING

By John Elliot, Box Hill North, Victoria.

Maintenance of the finish on your furniture is as important as the work of restoration. To maintain the shine on French polish, lacquer, polyurethane or varnish, all that is needed is dusting and an occasional buff with a soft cloth. Make sure you take all the dust off before you rub the surface or you will create fine scratches.

Never put wax of any description on these surfaces. Wax will pick up dust and (in the city) industrial grime, eventually darkening the surface. More wax to restore the shine traps this gunk between layers. Wax should be used only on a wax finish as described by Bob Edwards in G.R. No. 26.

Minor scratches can be removed with a gentle car polish that does not contain wax or silicon (Repco Auto Polish and Cleaner is the only one I know) or a burnishing compound.

White blotches or rings caused by water on French polish, spirit varnish and varnish will usually come out with the treatment for minor scratches.

Deep scratches that are through to bare wood can be remedied by filling the scratch with some of the finishing material tinted with stain. Use a fine artist's brush and when the colour matches, use clear finish to build the finish up over the level of the surrounding surface. When dry, gently sand back to level with 1200 wet and dry paper lubricated with mineral turpentine. Mirror finish to restore the shine or if French polish, repull the surface with a finishing rubber.

If, when you have mirror finished a piece, you find white powder in the joints or carvings, this can be easily removed with an old toothbrush or nailbrush. The bristles will not harm the surface in the time it takes to remove the powder. If you have white marks following the grain, you need more finishing material — apply more after brushing out the grain holes and sanding.

Sometimes you come across a piece of furniture that looks as if the surface is good, but dark and lacking life. Before you start stripping there may be an easier way. This is often caused by years of waxing, with the wax trapping dirt. Wash a section with mineral turpentine to remove the built up wax and gunk and mirror finish or buff with your car polish or burnishing compound. This is worth trying — you may save yourself a lot of work and be able to appreciate the tradesman's skill in the original finish. The test on an old surface is, if you can remove it with your fingernail or the edge of a coin, it needs stripping, if not it should respond to re-working. A good French polisher is a master of deceit. I once saw a magnificent burr walnut table stripped to reveal pine

underneath — the entire surface graining was faked. Be prepared for the piece to look quite different if you have to strip it.

Lacquer can also be worked with a rubber the same as French polish. The feel against the rubber is slightly heavier. A pulling mixture has to be used, this is equal parts of lacquer, lacquer thinners and methylated spirits. The methylated spirits acts as a retardant to prevent the lacquer drying too quickly. A rubber is used to obtain the final surface after sufficient layers have been built up by brush or spray gun.

Marks can be removed from a lacquer surface using this mixture. A lot of modern furniture has the stain mixed with the lacquer and applied with a spray gun, so there is often not much surface to work with. If you are in doubt, apply a coat of clear lacquer before you start pulling.

If you intend using lacquer on new work or where the surface level is suspect, apply a thick coat of sanding sealer and sand back level. Sanding sealer is applied after staining and grain filling. If you suffer from sinus don't use sanding sealer — build up your lacquer and sand to obtain the level surface. It takes a lot longer but is not as painful.

The practice of tinting the finishing material and not bothering with stain or grain filling is the fast way to finish a piece. Its main advantage is speed, but it can be used to hide minor blemishes in the wood or to alter the colour. The main disadvantage in this method is that most scratches will penetrate to bare wood, making repair a little more difficult. It tends to hide the grain more than the stain and grain fill method I have previously described.

With any finishing material, don't be afraid to add some colour to your final coats — but drops only — to achieve a richer looking colour, or to alter the colour to match other areas.

Apology

Looking back over my article on French polishing in G.R. No. 27, I realised that I said, 'moisten the cotton wool'. I know this means with methylated spirits and only hope I haven't caused heartache for anyone by ruining a polished piece with water.



Play together, not against each other
Co-operative games for families,
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For catalogue send 30¢ stamp to:
Al Rozefsky,
Post Office,
MERTON 3715.

Grass Roots General Store

Autumn time is gardening time and this issue we have chosen a few seed varieties that you might like to try in the coming months. These varieties are easy to grow and will provide something out of the ordinary for the experienced gardener as well as the newcomer. Don't forget, if ordering to check through the last few issues of Grass Roots General Store. The natural sprays for pests, plant foods and books (except for *Getting The Bugs Out Of Organic Gardening*) in G. R. 27 are still available, as are the herb seeds and herb books in G. R. 28 and the sprouts, sprouter and sprouting books in G. R. 29.

BORECOLE SPURT – 75¢. Sow summer and autumn. Frost resistant. (A new type of Kale). Sow, grow and harvest like spinach. Ready in about eight weeks from sowing. Spurt produces masses of tender, curly leaves which can be eaten fresh, steamed or boiled.

BROAD BEAN AQUADULCE CLAUDIA – 75¢. Sow late summer to winter. A good variety for autumn sowing. Broad beans are good for improving the soil, as well as producing a nourishing bean.

BETROOT TRIPLE CHOICE – 90¢. An easy crop to grow under a wide range of soil and climatic conditions. A variety of seeds in one packet — golden yellow, snow-white, and ruby-red. Each will add colour, flavour and variety to the main meal or salad.

BROCCOLI ROMANESCO – \$1.15. Sow from mid-summer to early winter or even early spring in very cold areas. A picturesque broccoli, with a fine taste and texture.

CABBAGE BIG APPLE – \$1.35. Sow in most areas from early spring to late autumn — in warm areas, virtually all year round. A cabbage with the unique crisp sweetness of an apple, it displays uniformity, vigour, very little outer leaf (for space saving) and an absolute minimum of stem and core.

CABBAGE SPROUT ORMOVAN – \$2.65. For best results, sow from late spring to early autumn. The cabbage-sprout is strong growing, and can be expected to perform well even under adverse conditions. A solid, crisp and tender cabbage crowns the head of a very fine Brussels sprout.

CARROT EASIGROW – 85¢. Sow almost all year round except winter in the coldest areas. A ball-shaped carrot that will thrive in most soils and under most conditions. It can even be grown in pots, tubs and window boxes.

CARROT ZINO – 85¢. Sow almost all year round except winter in the colder areas. A large carrot (23-25cm) that is very juicy and produces approximately 55% juice per carrot. A reasonable depth of soil is necessary for good performance.

MINI-CAULIFLOWER GARANT – \$1.15. Sow usually in summer and autumn, but may be extended well into winter in all but the coldest areas. Avoid sowing so that the crop is maturing in the hotter months (normally about eighty days from sowing). A space saving mini-cauliflower that is as easy to grow as radishes.

CHINESE CELERY – 95¢. Sow indoors all year round — outdoors spring, summer and autumn. Aromatic, with a more delicate and appealing flavour than western types of celery. Easy to grow.

WINTER CHICORY SNOWFLAKE – \$1.00. Sow late summer to early winter. A fresh salad vegetable that can stand freezing temperatures. Simple to grow.

CORN SALAD – 75¢. Sow in mild areas during autumn, but in colder areas late summer or early autumn. Another winter salad vegetable that is particularly cold resistant.

CRESS – AMERICAN OR LAND – 80¢. Sow indoors anytime — outdoors from spring to autumn. A cress that can be grown in garden soil.

GLOBE ARTICHOKE GRANDE BEURRE – \$1.20. Sow late winter to mid-autumn, all year round in frost free areas. A variety of artichoke that produces large, fleshy heads of consistent size.

GOW CHOY – 95¢. Sow almost all year round. Also known as Asian or garlic chives with a mild garlic flavour, but without the after effects. Grows well in partial shade.

LEEK THE LYON – 80¢. Sow spring to autumn except in very hot areas where sowing should be restricted to late summer and autumn. A tender leek, with excellent texture and delicate fine flavour.

LETTUCE CLIMAX – 65¢. Sow late summer to late winter, especially recommended for winter sowing in colder climates. A large lettuce with tasty crinkled leaves.

RADISH KUTARA – 75¢. Sow late summer, autumn and winter. This radish grows well in low, light conditions, and its vitamin content important at a time of the year when few fresh vegetables are available.

SPRING ONION ISHIKURO – 95¢. Sow any time of the year. A new type of spring onion that does not form bulbs, yet stays white and very straight. Can be harvested over a long period.

TURNIP TOKYO CROSS – 85¢. Sow early spring, summer and autumn — they do well in all climates. Small turnips with a tasty, fresh tangy flavour. An easy crop to grow.

Postage: Please add 70¢ (for any number of packets) for postage and packing. Also list a few substitutes in case some are temporarily out of stock, or indicate if you are prepared to wait.

Further information may be obtained from the following books:

A Guide to Organic Gardening In Australia. Michael Roads. \$4.95.

Grow Your Own Fruit and Vegetables. Lawrence Hills. \$8.95.

A to Z Hints For The Vegetable Gardener. Bob Sanders. \$5.95

The One-Straw Revolution. Masanobu Fukuoka. \$13.95.

Permaculture Two. Bill Mollison. \$7.95.

Postage and packing on books: please add \$1.70 per book (to a maximum of \$3 in Victoria and \$5 in other states).

Down home on the farm...

by Meg Miller



If you practise the art of dairy keeping, or even rely on a strong clear memory, you can look back over the seasons and see similar patterns recur year after year. Autumn always means planting the same varieties of seeds and seedlings, hens start their moult, goats come into season, excess produce is preserved, and so on. The other seasons, as they follow on, bring with them familiar patterns which we slot into, very often unconsciously. Today, these seasonal rhythms are still there, sometimes strong, sometimes very much in the background; it is our lifestyles that have changed dramatically and accordingly, very few of us still recognise the need for basic patterns in life.

In earlier days when there was less mechanization, life was tied to an unrelenting cycle of events which flowed together to create a wholeness of existence. People were able to integrate the practical, social and spiritual facets of their lives, and build an ordered existence. Life's plan lay before them unchallenged and whilst there must have been incredible hardships, ill health, ignorance and injustice there was also a spiritual harmony available to few of us today. It evolved from their simple, honest approach of having to live within their financial means, of having personal contact with all the facets of their life and of living in an environment and society whose scale was within their touch. How greatly life has changed! Credit facilities have made even the most grandiose schemes possible, the concept of big being better has resulted in work and lifestyles being depersonalised and mechanised, and the scale of community and city life has become so enormous that people merge in to become part of a sea of faceless, nameless numbers.

A return to the style of living of several centuries back is obviously not the answer. We are all part of the twentieth century and we have roles to play within it. Some of us can obtain acreages in the country and build independent styles of living and working, others compromise and live a satisfying combination of rural-urban activities, while for the majority the alternatives are fewer and may involve adapting to a fully urbanized life with its concurring overcrowding, stresses and pollution. While there can be much peace and harmony in a country lifestyle, just as equally, there may not be. The path to peace and spiritual unity is no doubt littered with markers - those that show how to simplify the trek, and those that distract from it. Country living can be a simplification but it is not necessarily the only path. Our own path lies within

each of us and it is for each to find the individual stepping stones. There are no leaders with secret formulas, nor is there a single way. Looking back across the centuries, it seems the stepping stones were more clearly marked then. For us, today, the challenge seems more critical and more complicated. In choosing our own path, we have greater freedom but the price includes greater responsibility, conflict, confusion and insecurity. Where people walked together before, we now walk alone.

How does all this tie in with Down Home on the Farm? This contribution to Grass Roots is an expression of our way of life, our philosophy and the style in which our philosophy is expressed. Readers write in from time to time and share their vision and how they are realizing it. We all, regardless of where we live and the lifestyle we pursue, have our own modes of expression, our own patterns, our own rhythms. These are the common threads throughout all our lives. It is up to each of us to become aware of them and to acknowledge them and their importance. Just as people in earlier times integrated the parts of their lives into a whole we, too, can in an individual way, build up our own personal culture and rituals. We all have to work, some in less satisfying jobs than others, but there is still time outside work for gatherings of family and friends, opportunities to set up and work on projects, for shared outings and for celebrations in times of joy and support in times of sadness. We've acknowledged the threads common to us all, these then are the needles that bind them together. The simplicity and peace of earlier times may be beyond our reach now - perhaps it is the task of this decade, with its grim overtones of nuclear oblivion, to seek out and establish the foundations for a more harmonious, whole, spiritual life. The simple patterns and rhythms indigenous to each of our lives are surely markers to light our way.

The catalyst for these thoughts occurred recently when I realised how frequently I was saying to Chris, our fellow outdoor worker, 'Oh, that's normal, such and such always happens at this time of year'. The extent of your ingrained knowledge is quite awe-inspiring when you sit down and take stock and the core of it for me seems to lie not so much in books and references but in the actual doing. My storehouse of read facts somehow never stands up as well as those tried and tested in the field.

As the fingers of autumn stretch closer we slip into the patterns of preceeding years. Our buck is aromatically

advertising his wily charms while we, not surprisingly, dread our turn for watering and feeding him. He looks so rogueish and evil and positively leers when he has one of us cornered. No, he is not aggressive, just too friendly! All he wants is to rub his head against us — but how do we get rid of that distinctive stench? We wonder how we'll be able to bear him for the next few months. His ladies have milked well over summer and the little doe kid, Elderberry, is now a strapping goatling who spends much of her day standing on the milking platform. When the time comes, she will be a delightful young goat to milk. We have followed the feeding advice in Pat's Natural Goat Care articles and have the sleekist, healthiest looking goats ever. Sometimes in the past they have looked a trifle lean and bedraggled as summer has drawn to a close but this year they are in tip top condition with an added boost of energy being dissipated in anti-social activities.

While one breeding season starts, another winds down. Yes, the nesting urge is lukewarm now amongst the poultry, thank goodness, with only a few tenacious stragglers sitting or thinking about it. There are still quite a few hens involved in family duties though, both with newborn and established chickens. When breeding was so prolific earlier in the season, we had to separate the older chicks from their mothers at about six weeks as we desperately needed the mothering arks. Now the demand is less critical and there are several arks which fill up nightly with malingering mothers and half grown chickens. We have several pens where the young chicks are put to break the bonding and where they can be fed free from competition from older birds. These 'teenies' as we call them are remarkably quiet and can be handled without too much fuss, certainly an advantage with any livestock.

The vitality and growth of the spring chicks has been worth seeing and we now have a substantial number of pullets to select from for flock replacements. My criteria for selection is breed conformation, character and mothering ability. Every poultry keeper works out their own priorities based on the birds potential and the owner's requirements. For most backyarders, eggs are the priority. Here, with less limited space and higher numbers, it is not. However before the real hot weather struck we were getting something like thirty one dozen eggs a month! Indian Games are not an egg laying breed, they are a table bird, so selecting solely for egg production would tend to change, their 'Aberdeen Angus' conformation. Lighter framed, highly strung birds have evolved in the flock over the years and while they are better layers, they also make nervous, hysterical mothers and we have increased accidents from trampling, handling problems, and undesirable imprinting as a result. I like my hens to conform with the traditional breed standard — short legged, heavy bodied, richly marked, with placid, stoic disposition until riled, then they are stalwart and pugnacious. The latter two characteristics were epitomized in one of the hens some time back. During the night a fox dug under her little ark and managed to pull out several chicks. He obviously tried for more but was driven off. The hen next morning was bloodied but victorious and as snappy as a fox terrier. I later saw her fly several feet into the air in a rage at an attacking hawk. We have bought our roosters rather than breed them as it lessens the possibility of inbreeding and we have excellent specimens in Cedric, Cecil and Ivan. Like the older hens, they are starting to look tatty as the moulting season commences. A little seaweed meal in their mash seems to speed up the



Tom Turkey follows Meg around until she acknowledges his right to be personally hand fed.

feather regrowth. Falling leaves are not the first sign of autumn at this place, rather the moth-eaten appearance of moulting chooks is our herald.

I greatly enjoyed reading Chris Walkin's article on guinea fowl and have noted his word of warning. Incubators I will avoid like the plague. The idea of 10,500 guinea keets is frightening! No, I shall stick to my foster mothers and the limited number they can raise. We started the season with more than twenty guineas and not much idea of which were the buckwheaters and which were not. We had bought eighteen splashed (white fronted) keets from Chris last year and they differed markedly in wattle appearance from our own small flock. Not only did wattle size vary between the sexes but also between the two groups. Ours had dainty, smaller wattles. Those from Chris had larger wattles, and it took me months to groups. Ours had dainty, smaller wattles. Those from Chris. much shouting and running around they paired off and it was not till several males were hit by cars on the road that the strict pairing opened up. There are several chaps now with two women but the rest are strictly monogamous. The guinea male seems devoted to his lady, waiting around while she lays, caring equally for the young keets and even sitting with her while on the nest. (Interestingly such chivalry ends at dusk, then he's up into the tree out of harm's way!!) Our earlier settings of keets are now 'buckwheating' but short of leg banding them how do you remember who is what? The Christmas settings were very disappointing, averaging only one or two keets per hen. I felt that fertility was not the problem, perhaps it was the weather? Any other readers with similar experiences? The mother hens are still trying to loosen their maternal bonds with the cloying youngsters and it really is funny seeing half a dozen keets standing around waiting while mother hen lays. No doubt there will be great excitement ahead as we try out Kaye Watt's suggestion for sexing these eccentric little blighters.

Breeding season for the turkeys is also on the wane with only one conscientious hen still laying. The lateness of the season combined with lack of green feed in the diet does not augur well for fertility and it is not worth setting the eggs. Several of the turkey hens have already moulted and are sporting the most amazing regrowth. Turkeys have such large thickly quilled feathers compared to other poultry that their new feathers really do make a visual impact. The young poults are hardly poults any more. The first lot are nearly six months old now and have been moved out into the orchard as the preliminary step to roughing it with the oldies. It would be wise, as Chris said in his Guinea article, to introduce them slowly to the ground and possible diseases of the open range. I have really appreciated the hints other turkey folk have sent in and feel that it is only through combining these ideas that I have been able to raise the poults with fewer problems this year. The younger ones are still in the garden and the eternal conflict is on again — garden versus livestock.

Once the green grass starts shooting, I can turf these littlies out with a clear conscience but while they are still growing they need the green feed. Ah, another of life's compromises.

Autumn here must bring rumbling stomachs to the foxes because yet again we have been inundated with them. The moment the nights became cool, they moved in with a rush and we lost half a dozen hens before realizing. On some nights there have been four 'working' our place so our response has had to be equally determined. As well as regular spotlighting, we have bought a fox hound, though the wisdom of the latter decision is still being questioned. We have also used one reader's suggestion of pouring phenyle around the chookhouse — the hens certainly smelt hygenic. This method is not really suited to our system as there are chooks, guinea fowl or turkeys in everything from foxproof arks, old chookhouses, weldmesh yards, and peppercorn trees, to cardboard boxes on the verandah. The single chookhouse and yard would be more suited and you would require less phenyle.

The abused thumb is nearly better, the wall only needs another two courses of mudbricks (it has needed them for the last 6 weeks and I've been too busy to make them!) the trickle irrigation system is a whizz, and I've been making the most of the fruit trees by drying as much fruit as time allows. I even tried some bought bananas — sliced them longways in three, laid them on trays and placed them under cheesecloth in the sun and they were superb. The herb house has been cleaned out, and we're about to start striking the first lot of cuttings for the year. There are dried herbs and petals for pot pourri in containers waiting for the longer nights and I've had itchy fingers lately as I've eyed off the new spinning wheel. The lush fresh fruit and the salads have been delicious but somehow I'm hankering after creamy pumpkin soup and thick slices of hot bread. Yes, we have moved from summer into the cool nights of autumn at last.



Mrs. Quail and her guinea family. At back are bee boxes and 'the office'.

Land Link

Land Link is a Grass Roots service which provides experience or farm holidays for those without land in the country. At the same time, it should provide help and income for rural folks who need it. All round, it should be a lot of fun for everyone. If you're interested in spending some time in the country, as an individual or as a family, then write to the people below and see if you can work something out with them. If you live in the country, and would like to participate in Land Link, just write into Grass Roots.

In my last letter to GR, I asked about information on building in stone as the Council here had turned down our application to build in mudbrick. However, we decided to 'fight for our rights' and it's just a matter of time before our plans for our mudbrick home are passed. We are going to start making the bricks in March and building will follow as soon as sufficient bricks are made. We would like to invite anyone who is interested in the process of making and building in mudbrick to come and learn by the 'lend a hand method' or if time isn't available to do that we'll help with any information we have. There is a caravan and camping area available just down the road, very cheap. We can be contacted by mail as below, otherwise by calling at either the caravan park, or Portion 252, Bucketts Way, Stroud.

Chris & Vite, C/- Post Office, STROUD 2425.

Could anyone give me a few months work on their property in exchange for board and keep? I'm eighteen and female and can handle hard work. I'll help in the house, with children or out on the land. I need experience in a healthier lifestyle than my present one. I would prefer somewhere in Victoria due to travelling expenses. I don't believe in free sex, so guys with ideas in that direction needn't bother writing.

Marie, 81 Lea Road, MULGRAVE 3170.

I live in an old school on a few acres with my animals and garden. Projects in hand at present include tree planting, mud brick making, and trying to outwit the chooks who are trying to devastate my garden. If anyone would like to stay for a few days or drop in for a chat on their way through the area, please write. Also if anyone with a caravan would like to stay for a while, there is casual work in the area (waitressing and farm work).

Jan Akeroyd, RMB 1555, EUROA 3666.

We have 100 acres of semi-bush hillside, 45 minutes N.E. Hobart. We have spent the last 3 years living in a small cottage on the place, and building our house into which we will move in April. Is anyone interested in living in the cottage (at a nominal rent) and sharing in the work and learning experience needed to live in this environment? We have two children aged six and four and would like them to have company if possible. Electricity in connected, there is a good garden established, some fruit trees, four sheep, two goats, one dog. Personal interests include craft (wood and wool) gardening and music. Interested travellers welcome. Please write to:

Pam & Nigel, C/- Post Office, CAMPANIA 7202. Ph. 002-624-243.

If any Grass Roots people are travelling this way they are welcome to call. In a few months we will have moved into our house (self-built). Our caravan will be available for guests. We live on 10 acres at Benaraby, 15 miles from Gladstone on the Bruce Highway. Please write or call 079-750-209 first.

Jane Borg, M.S.F. 252, via GLADSTONE 4680.

Having spent most of my last ten years in Italy, I feel like a stranger in my own country, so I have lots to catch up on and would like to meet, talk to and learn as much as I can from G.R. people. Is there anyone out there who would like some help in exchange for a small wage and keep. I've had the sort of varied experience you acquire working and living in a small Italian country town.

I'm twenty nine and a vegetarian.

Malveena Martyn, 70 Parkstone Ave., PASCOE VALE SOUTH 3044.

I live on 200 acres on the South coast of NSW. Only about 20 acres of the forest is cleared for an orchard and vegie garden, chooks, geese, ducks, sheep, goats, dogs and pigs. Accommodation consists of a hut and

some caravans with fuel stove, hot water system, kero and gas fridges and lights, tank water filled from the creek and a bush shower.

I can offer free accommodation in exchange for labour on such projects as fencing, gardening, clearing land, building and all the usual chores which I find difficult to get done on my own.

Paul Logan, 'Jendarra', P.O. Box 140, MILTON 2538.

Looking for some experience building pise or milking a cow? These are just two of the things that we will be doing in the next six months. We have been working on this land for 6 years and have taken a training course in permaculture and intend to transform our new dam into something that will have to be seen. Work on an area for fodder trees along with extensive planting for our goats and horse are also some of the things which are to be done. Experiences we want to provide include care and maintenance of chainsaws, guns, pumps, animals and the individuals own well being.

Al Rozefsky, C/- Post Office, MERTON 3715. Ph. 057-789-581.

We live on a 16 hectare block, 17 kilometres south of Townsville and keep goats, horses, mules, donkeys, chickens, ducks etc. We are reasonably self-sufficient, having our own power (32 volt D.C.) and water supply pumped by a windmill.

Anyone who is interested in visiting us can stay in a small guest dwelling with a sleeping loft, cooking (wood stove) washing and toilet facilities. A small charge of \$10 per week will be asked to cover accommodation.

Neil & Sylvia Heinze, P.O. Box 519, HERMIT PARK 4812. Ph. 077-783-083.

My wife and I live on 20 acres and specialise in draught horses. Should anyone be interested in keeping and using these animals, I can assist in the following areas: purchasing, harness, techniques of use and preparation for show. We can also give tuition in hand milking. Suggest weekends for adults, Saturday and Sunday at \$40.00 per head which includes full board.

J Randall, MOORLAND 2434. Ph. 065-565-162.

We have come from Britain to Australia on a working holiday and have spent several months in Sydney trying to earn and save money. This has involved a variety of jobs but we have now had enough of city life and would like to move on round Australia. We have heard of people like Grass Roots readers with an alternative lifestyle and would like to offer our help on their properties in exchange for food and accommodation. This would be rewarding to us as a means of learning more about alternative lifestyles while continuing our travels. We have no special skills to offer anyone who accepts us, but are willing to work hard and learn from the experience. We hope to leave Sydney at the end of April but can still be contacted at this address as our mail will be forwarded on to us.

Colin Wright and Anne Roberts, C/- Poste Restante, Central Post Office, Martin Place, SYDNEY 3000.

In mid-winter I propose to travel through south-east N.S.W. and north-east Victoria — beautiful mountain country which gets very cold at this time of the year. Any offers of shelter and warmth would be welcome. I am experienced in mud brick building, alternative energy, bush carpentry, fencing, bee keeping, dairying, organic gardening and I am willing to work at any menial task. I have a 4WD vehicle which can be used for snigging logs or even pulling a plough. Rugged access roads are no problem.

Peter van Haeff, The Old Highway, EAST LYNNE 2536.

Seed Swap

Re Seed Swapping — Issue 27 (Feedback p.15)

I think the seed swap is a great idea and I have a wide variety of seeds if anyone is interested in any of them. They include Patio tomato, spring onion, silver beet, broccoli, rock melon, beans, mild red onion, baby carrot, Early Horn carrot, butternut pumpkin, extra curled parsley, stringless beans, All-seasons carrot, Great Lakes lettuce, sugar or snow peas, cauliflower, White Knight onions, spaghetti squash, dwarf scarlet salvia, petite orange marigold, zinnia various colours, marjoram, brown mignonette lettuce, capsicum to name some.

Skye Jenkins, R.M.B. 232A, E. Kurrajong Road, EAST KURRAJONG 2758.

We'll begin with just a half dozen or so varieties and if the demand is there, perhaps we can all expand from there onwards. Available from us at present:

Tobacco Attractive pink flowers. Use plant as insect (Nicotiana tabacum) repellant in the garden.

Basil

Tomato

(sweet 100 variety)

Marigolds

Bachelor Buttons

Bird of Paradise

Moonflower

Herb. Easy to grow. Complements egg, tomato and cheese dishes.

Cherry size tomatoes — tremendous croppers and are disease free.

Various types and colours.

Purple/pink button flowers.

Orange flowering tree.

Climber. Large white bell flower. Blooms unfold in late afternoon and have very sweet perfume.

Jose and Don Robinson, Wild Cattle Island, C/- P.O. Box 22 TANNUM SANDS, via Gladstone 4680.

I liked the seed swapping idea in G.R. 27. I have perpetual lettuce seeds if anyone is interested — you just pull the leaves off as needed and they keep on growing.

Emmie Ramsay, 'Denomayn', Box 43, WAROOKA 5577.

Unclassifieds

SHARE FOR SALE: We have for sale a one-ninth share in a property of 513 acres, 25 miles north of Kyogle, northern N.S.W. The land has 160 acres of good grazing, the remainder well timbered in rainforest. Dairy heifers are agisted to help maintain pasture and bring in a nominal income for the farm. We have an abundant water supply plus a clear, clean creek. The climate is suitable for growing most fruit and vegetables. Three shareholders are resident and have built their own dwellings. There is a communal house with electricity which is suitable accommodation until you can establish yourselves. The property has been owned in this manner for five years and new ideas and people are welcomed. The price is \$10,000. For further details please write to:

John Bird, Roseberry Creek, via KYOGLE 2474.

FOR SALE: Lavender flowers, rose petals. These flowers have been carefully and naturally sundried to retain their natural colour and maximum fragrance. They are suitable for sachets, potpourris, rose beads, herbal waters, etc. Further, they are very light, so you receive a large volume for a small weight.

Lavender flowers — \$8/¼kg, \$14/½kg, \$25/kg.

Rose petals — \$10/¼kg, \$19/½kg, \$35/kg.

All prices are post-paid anywhere in Australia. Please write to:

Peter Hunt, 19G Waverley Parade, PASCOE VALE SOUTH 3044. Phone 03-386-2107 day or evening.

MASSAGE: I am a qualified masseuse, running a small practice from my home in Sydney (Neutral Bay). Although I'm planning to leave the city for a community or land co-operative in a year or two, Sydney is great for now because it's such a vital centre for the alternative haling that I'm learning about. If you feel like a massage or a rave, or both, please get in touch.

Linda Haig, phone 02-904-706.

FOR SALE: Six foundation does \$15 each, two Saanen/Angora cross does (would make good milkers) \$25 each, several wethers \$15 each. The does will be in kid to the Angora buck after April so an extra \$5 will be added to the price of the does. Also have for sale, a number of Muscovy hens and drakes \$3 each. Contact:

B.C. & J.O. Cowdery, Lamlaing Kennels, P.O. Box 352, PARKES 2870.

WANTED: 'Native of Australia' collectors. We are looking for people willing to collect native herbs in a conscientious manner, and with as little environmental impact as possible. Initially we require you to write and tell us your location in Australia. From here we can allocate specific herbs that can be collected. It is highly advisable that you obtain some botanical data, for correctness is of utmost importance.

Phillip Hunter, Native Australian Herbs, 61 Moorooduc Road, MOOROODUC 3933.

THE SPARROWNAUTS: This is a story about a group of travellers who journey into outer space on the backs of overgrown birds commanded by the Sparrowman. They begin to search for the Spirit of Truth and visit the Grand Astrologer, the Universal Zoo, the Cosmic Drummer, the Universal Playground, Adam and Eve, a stranded astronaut, the Universal Lighthouse, Melchizedek and others. For a copy of this privately printed work of fine literature send \$5 to:

Robert Martin, 42 Northcott Road, LALOR PARK 2147.

CAR RIDER has been set up in Melbourne to match people wanting and/or offering rides from one place to another. Car Rider is looking for people interested in running ride share service points around Australia. The aim is to establish a national network of contact points to enable people to share rides all over Australia. The work is not excessive. An answering machine would be required. Besides the prospect of earning some money there is the opportunity to do something positive to preserve our diminishing energy resources. So if you hail from one of our population centres i.e. Sydney, Adelaide, Brisbane, Darwin, Cairns, etc. and you like the idea, then contact:

David at Car Rider, 87 Victoria Street, FLEMINGTON 3031. Phone 03-376-0340.

WANTED: I have found a creek with an all weather road to the landing, a small semi-private beach with a yabbie bed (for live bait) complete with a deep water anchorage. I have built two brick, cyclone-proof huts and envisage living in one hut and conducting creek safaris for tourists. I am planning to tap the underground water, build septic toilets and modernise the units with gas fridges and build two other huts. However, I am tied up with my own business and am offering this dream and half share to a hard working couple with \$7,000 to invest. There are over three acres of yabbie beds within half a mile of the huts and two miles away is Alva Beach estuary — the greatest whiting fishing in Australia. For all enquiries contact:

Geoff Taylor, 80 Norham Road, AYR 4807. Ph. 077-832-319.

HELPERS WANTED: I would like to start a 'Pleasure Riding Park — Picnic Grounds' with good horses and matched pairs of horses for sulkies to take people about. My only qualification is 20 years practical experience farming all animals, especially the horses I love, and all types of gardening — flowers, vegies and landscaping. If anyone is interested in starting such a venture (no matter where you live) please write to the address below. I would prefer to form a group to start the project. We could all share our ideas and help each other and perhaps in July a meeting could be arranged for all interested parties.

M.D. Hamilton, 19 Munyang Street, HECKENBERG 2168.

Unclassifieds

Unclassifieds are \$5.00 each and payment must accompany the advertisement.

BUSH PUB FOR SALE: Hotel, freehold, on 18 acres, with two good dams and adequate water supply. We run a few sheep, pigs, chooks and grow vegies. The place has the potential for supplying most of its own food. Situated on crossroads, fifteen minutes from St. Arnaud and Wedderburn. The trade is mainly farmers, miners, travellers and tourists at the weekends. The pub also has a reputation for being a centre for musical activities, with emphasis on quality rather than particular style. Summertime jams in the beer garden take on magical qualities. The place is on the market for \$80,000.00.

Robert and Heather, Avoca Forest Hotel, LOGAN 3475. Phone 054-962-220.

FOR SALE: At St. Arnaud, 25 acres plus another 5 acres leased from the State Rivers. Avoca River runs at the bottom of the land. G.R. neighbours. There are only fences and some native trees on property. Plans are currently at Shire Offices for a shed where we will put a concrete tank.

If anyone has a reasonably priced block, about 15-20 acres with old house on it, between Nyora and Yarram we would consider a swap with cash adjustment.

Ron and Merrilyn Grant, Alanray Lodge, ARCADIA 3613. Phone 058-267-286.

WANTED: Active art minded woman any age (children welcome), to join, share our enterprise or start her own. Must be mediocre in all aspects of life. Vegetarian O.K., no smoking, drink or drugs. No matter if own transport or furniture. We live our dream on 2½ green jungle acres, 20 km Maitland, 50 km Newcastle. Five minute walk from bush, 10-15 minute walk from P.O., New England highway, shops, bus, public school 3 km railway station. Swimming in Hunter River.

We keep bantams free range, bees, grow and sell garlic, herbs, asparagus, pine seedlings, Xmas trees, produce furniture without nails, screw or glue, paint (oil), frame and sell all pictures successfully. We grow all our vegies and fruit – organically mulched. I am building a future home on same site with self-quarried sandstone and my own pine.

This offer is open to families too – no capital needed – we have nine rooms. Write to:

Elsie and Manfred Wuellner, 85 Wyndham Street, GRETA 2334.

FOR SALE: Twenty acres of pasture fenced into 3 paddocks. Three dams; 20 square octagonal shaped mudbrick home includes surrounding verandah (house 5 years old). Septic, S.E.C. and phone connected. Hot water through semi-combustion stove, open fire and solar panels; 4 B.R., large lounge, kitchen, bathroom, wash house and storeroom. 22,000 gallons tank water, 40ft by 50 ft shed set up with benches, shelves, power and lighting, horse shed, chook shed, small goat paddock. Well established garden and orchard with over thirty fruit trees, trickle irrigated. Electric pump on dam. Property situated one mile from Great Western. Primary and secondary schools nearby. For genuine sale. Price \$65,000 O.N.O. Contact:

Jackie and Bernard Dorelat, P.O. Box 272, STAWELL 3380. Phone 053-562-203.

WANTED TO RENT: House in or near mountain country. Family with four children need to get back to living in the country. We want to buy our own land when finances permit, and are looking for a house to rent until then. Preferably a farm house with a few acres but a house in a small town would be O.K. We would prefer to live in S-E N.S.W. or N-E Victoria around Omeo way, also

WORK WANTED: Keith will be looking for work when we move – he is a qualified bricklayer/stonemason, with over 13 years experience in the building trade and can build anything.

Lib Rayner, C/- Post Office, BATEAU BAY 2261. Ph. 043-320-114.

FOR SALE: We have for sale at Larnook, 18 miles N-W of Lismore, 88 acres of beautiful hill country. Some cleared and cultivated, some still covered with trees with view of surrounding hills and waterfall. Land under cultivation includes 8 acres bananas, 2000 tomato plants, also

assorted small crops. Plenty of stock and sheds, tractor and implements. There is a 3 B.R. W.B. house with combustion stove and septic. Plenty of water in creek. Land has been approved for subdivision, but we have not continued with it as we like the seclusion.

All this for \$120,000. Contact:

Norma or Vic DeCristofaro, Larnook, via LISMORE 2480. Phone 066-880-148.

LAND FOR SALE: 80 acres, 20 kms north of Goulburn. Flat to undulating, all cleared, good grazing. Fully fenced, divided into 3 paddocks, 2 dams and 2 old sheds. Only 2 hours from Sydney or 1 hour from Canberra. Priced at \$32,000.

Phone Peter Vanderschaar. Phone 048-911-435.

WANTED TO RENT OR LEASE: We are looking for a three or four bedroom house with a few acres to rent or lease. The house does not have to be anything fancy as we are reasonably handy. The area is not too important either, as long as it's reasonably close to a school. Also it must have power. We would like to be able to have a cow, a couple of sheep, some chooks, ducks and grow enough fruit and vegies for ourselves.

Rob and Lyn Spencer, 17 Clifford Street, WARRACKNABEAL 3393.

NOURISHING CREAM: All natural, contains Vitamin E, comfrey and other natural ingredients, all good for a lovely skin (not tested on animals). Send \$6.50 to:

Tudor Rose Natural Cosmetics, P.O. Box 309, FERNTREE GULLY 3156.

LAND WANTED: We would like land, permanent water, bush and wildlife, far away from those things which trouble mind and body. We would like to buy this outright but are willing to consider Tenants In Common with people who are similarly minded to us – or maybe a commune type arrangement. We don't like drugs, excessive alcohol or extremists. We like soft technologies and people, especially happy, honest and other qualities attributed to good people. Ideally it would be situated northern N.S.W. We have a baby, a dog and chooks and will want to build and live permanently there – electricity not desired. At present we live N.-W. of Glen Innes. All letters will receive reply.

Tom and Jacqui Scott, Inverell Road, EMMAVILLE 2371.

LAND WANTED: We are looking for an opportunity to live and support ourselves from the land but remain independent from local power supplies. We have experience with growing vegetables, using hydroponics, building, mechanics, electrical work. We are interested in new ventures and we are willing to work and learn. Preferably we would like to live on the Atherton Tablelands or in that area. If you have land you are interested in leasing, or share basis, we would be pleased to hear from you.

Geoff and Kaye Kingham, C/- Post Office, CAIRNS 4870.

WANTED TO BUY OR BARTER: Herbs, dried, preferably leaves or flowers without stalk, for potpourris and herb pillows, especially English and French lavender, chamomile, scented geranium leaves, rosemary, violets, hyssop, lemon balm, lemon verbenas, mints, thyme, sage, etc. Also does anyone know of a supply of boronia (scented brown/gold variety)?

Deborah Mickle, P.O. Box 34, MITTAGONG 2575.

FOR SALE: At Glencoe N.S.W., 1½ acres of land with three separate titles. Easy access to water and power. Slab rock for building. Beautiful views. Population of Glencoe is 60 people, has general store/post office old English style tavern and a railway station. Off the main highway, no traffic noise. Price \$2,500. Contact:

Trevor Walker, R.M.B. 'Wyaliba', Old Grafton Road, GLEN INNES 2370.

COMMUNITY SHARE AVAILABLE: Mandala, a community farm close to Warwick, Qld., has a share available. Comfortable cottage with running water, power and gas, set amidst apple gum trees, with permanent creek very close. Price is \$16,000. Please call or write to us at this address:

Margareta Shiel, Mandala, North Branch Road, M.S. 394, MARYVALE 4370.

Unclassifieds

Unclassifieds are \$5.00 each and payment must accompany the advertisement.

FARMING OPPORTUNITY: I own a 50 acre property near Warragamba Dam (7-9 miles) and about 16 miles from Camden. At present there are only three neighbour's horses on my place but I want to see 'a real farm-living-place' here with animals, fruit trees, etc. (not allowed to have pigs).

Are there any single mothers or daughters with older parents who would like to live in the country and build up the farm together with me? Unfortunately, I am home here only at weekends.

I am 56, Christian, exercise in moderation 'meditation after the lessons from Paramahansa Yogananda'.

Walter Meier, Lot 13, Braddocks Road, WEROMBI 2570.

FOR SALE: Forty acres of fenced, leasehold land on the Walsh River, 10km from Herberton near Atherton Tableland (long lease option to freehold). There is permanent virgin water fed from rainforest six kilometres upstream. It has an elevation of 800 metres, basically flat land running down to river. Drier than adjacent tableland it has warm winter days, cool nights, no tropical humidity.

There is potential for growing almost anything as the already established alternative farms and communities in the area have shown. Developed properties in area selling for \$60,000. The price of our block is \$15,000. If interested contact:

J. Cameron, 21 Little Keen Street, LISMORE 2480.

WANTED: People to join us in buying land in northern N.S.W. This is not a co-operative venture, but a means of obtaining land cheap for eventual splitting up into individual acreages. We are in our early forties and believe this may appeal more to others in this age bracket.

For further details please phone 049-573-729 or write to Barbara Vanvalen, 26 Kotara Place, KOTARA 2288.

BUS WANTED: Single decker bus 35-40 ft converted to mobile home or suit conversion. We are planning a three year trip around Australia in search of land, so would prefer diesel power for economy.

We will not be able to look at everything personally, so photos showing interior and exterior would be appreciated.

Contact John, Heather & Toby Gulliver, 'Ayton Vale, KOOTINGAL 2352. Ph. 067-673-215.

WE ARE GOING NOWHERE: A bible of graphic wisdom and crazy sanity for professional artists-in-living. Written in the language of being. A book to tickle your consciousness.

Includes Rorschach allegory, photo poems, reproduction of a primitive awareness device, word epiphanies and much more. Limited collector's edition.

Paperback \$5 (postage included), deluxe hand-bound, hard cover, art edition \$15. Send cheque or money orders to Robert Jones, The Friendly Island Bisquit Company, 34 Third Street, SEAHAMPTON 2286.

FOR SALE: Due to financial reasons. At Roaring Beach, 7¼ acres of waterfront land situated in a valley behind the beach, 1½ hours from Hobart. Half is pasture and fenced, balance bushland. Soil ranges from sandy to river alluvial and blue clay (makes great mudbricks) along the winter creek which flows into nearby lagoon, also natural waterhole. Land and surrounding headlands are classified 'Coastal Protection Zone', prohibiting mining, heavy industry, flats, hotels, caravan parks, etc. Area will retain its natural beauty. We built two rough sheds - one for goat milking and feed, the other for storage and a potbelly. Vegie and herb gardens started, comfrey plantation established, huge compost heap. Nearest town is Nubeena (aboriginal for crayfish), 6 km, dirt road. H.E.C. comes to within 3 km. No houses in sight, just bush and other 'back to earthers' nearby. Good rainfall. Dairy cattle, apple and pear orchards (seasonal work). Price \$14,500 negotiable.

Stan & Lin Witely, 8 Pallard Street, GLENORCHY 7010.

SHARE ACCOMMODATION: I am a 32 year old professional with no pretension to self-sufficiency. Have just completed a 3 B.R. cedar/brick home on 25 acres at Wilton N.S.W. and need someone to

share overheads. Wilton, near Picton, is half hour by freeway to Liverpool/Bowral, also half hour Wollongong. Land is varied and interesting with plenty of trees. House has close view to water in rugged Nepean River gorge (great swimming). Car essential, non-smoker preferred, own room. \$40 p.w. excluding phone and electricity.

Contact Bill Powell, P.O. Box 1, WILTON 2571. Ph. 046-771-869 (A.H.) or 02-601-8008 (B.H.).

WANTED: Land, with or without dwelling, in Victoria. Roughly in the Broadford/Kyneton/Ballan wedge within one hour's drive from Tullamarine. A minimum of 5 acres, preferably with SEC available and water. All offers will be considered. Arriving in Victoria in April but mail will still reach us via the following address.

Jane Krauss and David McMillan, 17 Corboys Place, SOUTH HEDLAND 6722. Ph. 091-721-676.

FOR SALE: *Antique Metal Finishing and Cleaning* book. This illustrated book has been written in a do-it-yourself style with simple step-by-step instructions showing how to clean and restore metal objects, polish and buff brass and silverware, and how to brass or copper plate steel and iron objects easily. Do you have an old iron pot rusting in the backyard? You can restore it yourself with this book to guide you and at the same time achieve immense satisfaction from having done it yourself. The cost of the book is only \$3.50 plus 40¢ postage and packing. Specialist chemicals and buffing equipment not easily obtainable in hardware stores are also available through the order forms in the book. Please mail your order to:

PDR Finishes, P.O. Box 146, KIPPAX 2615. A.C.T.

LAND WANTED: We're a couple of oldies of just 60 years. We'd like to buy a small acreage, partly cleared, where we could grow vegies, have a sheep, goat, ducks and chooks. We want something with a house (W.B., brick, stone or mudbrick) in the coastal area of S-E Victoria or N.S.W. Electricity and phone are a necessity. Town water and a reasonable distance from town are desirable. We can pay up to \$30,000 cash by the end of May. Contact:

Con and Beata Schriver, 610 Nepean Highway, CARRUM 3197. Phone 03-772-1685.

FOR SALE: Brick veneer 3 B.R. house on 6½ acres with cows, a goat, two sheep, fowls, herb nursery, etc. House has kitchen, 'L' shaped dining and lounge, sun room, internal toilet and large bungalow. Surrounded by large pine trees and avenue of gums. Also an old cottage on the land, plenty of sheds, strong new shade-house with potting bench, underground well with hand pump fully restored. S.E.C., town water, large tank near house. Close to schools. It is because of a health problem I have to sell. Property can be sold without agents. Further details from: Eileen Crossfield, P.O. Box 96, LEOPOLD 3224. Phone 052-501-540.

BULL CALF FOR SALE: Anyone in W.A. interested in buying a very good breeding bull calf? He is 4 months old, Hereford/Illwarra cross, therefore good for beef or dairy cattle. I would like to sell him to a good home where he will be well cared for. I'm asking \$120 O.N.O. or will swap for a wooden horse float.

Miss Jeanette Cleaver, 19 Shoalwater Road, SAFETY BAY 6169. Phone 272-075.

QUICK SALE WANTED: Block of land for sale in Victoria. Three acres and three perches, fenced, with great potential for a dam. Hilly, with gully, next to an easement. Beekeepers nearby. Located near Stawell and Landsborough. Price \$4000.

Marion & Gary, P.O. Box 1487, DARWIN 5794. Ph. 089-852-819 A.H.

FOR SALE: Moccasin patterns. All sizes 50¢ plus stamped self-addressed envelope.

Barbara Carne, Lot 25, Outlook Road, KALORAMA 3766.

WANTED TO BUY FOR PROPAGATION: Fifteen kilos of garlic, preferably in Victoria.

Meg Miller, Box 900, SHEPPARTON 3630.

Unclassifieds

Unclassifieds are \$5.00 each and payment must accompany the advertisement.

FOR SALE: I must sell some of my grade Angora does as I have too many for the grazing area. There are a few foundation does for \$15 and two Angora/Saanen cross does that would make good milkers for \$25. The balance are all registered stock. I am asking \$25 for Appendix D, \$40 for Appendix C, \$80 for Appendix B and \$150 for Appendix A.

Also I have two herd book bucks for sale as I have no further use for them. Asking \$400 O.N.O. for each. These bucks are the sire and full brother of the junior champion buck at Parkes show 1980 when he was 12 weeks of age.

Contact Norma Cleaver, 'The Retreat', Peak Hill Road, PARKES 2870. Ph. 068-621-706.

HANDMADE PLAIN CARBON STEEL KNIVES: An alternative to the modern 'magic' knives of stainless steel and plastic, our knives are similar to those our grandparents treasured. They are easy to sharpen, keep sharp and have beautiful Australian hardwood handles. Over thirty standard designs are available for general and special kitchen use, butchering, hunting and skinning, wood carving, leatherwork and other crafts. We will also make knives to your own design.

Please send a stamped addressed envelope for our 1982 illustrated catalogue to:

Greg and Shirley Broomhall, R.M.B. 730, WESTERN FLAT 5268.

PROPERTY WANTED: 50-150 acres vacant land, small old dwelling optional, with permanent creek water. Would prefer flats rising to forested hills in quiet area, southern/coastal N.S.W. or northern Tasmania. Cash to \$35,000, could pay more with vendors finance. Write to:

T. Callaghan, R.M.B. 3870, Howes Road, Somersby 2251. Ph. 043-721-378 A.H.

LAND WANTED: We are looking for around 100 acres of land, preferably with established house (condition not too important), permanent water, electricity would be great but not essential. Anywhere along the N.S.W. or Queensland coast from Newcastle to Cape York. We would prefer to be only a short distance from the sea as we are a keen fishing family. If anyone could help us please contact us.

Gail, Iarn and Rachael, C/- 41 Wood Street, LANE COVE 2066.

PARTNER(S) WANTED: Require partners(s) to help start small compost making business in rural area approx. 30 miles N-W of Sydney. No accommodation available. Prefer someone with practical experience of compost making and knowledge of soil chemistry. Some capital needed.

Jill Donisthorpe, Box 75, KENTHURST 2154.

FOR SALE: 23 acres of hill country and flats serviced by two creeks and divided by an asphalt road. Northerly aspect, panoramic mountain views, 18 miles from Lismore, 12 miles from Nimbin, 40 miles from Ballina (beach). New brick veneer 23 sq. home, tile roof, all mod cons plus 8 sq. covered patio. Carpets, curtains and light fittings included.

This land has run stock for the last 100 years. Pressure water to all points. Tractor and machinery shed. Land is suitable for nursery, stone fruit, nuts, avocados, bananas, paw paw, litchies, kiwi fruit, custard apples, guavas, etc. School bus passes door, primary school is one kilometre. Forced sale due to employment. Reduced to sell at \$155,000.00.

Ronald C. James, Cawongla Road, LARNOOK. Ph. 066-880-141.

WANTED TO BUY: Anything from 5 to 50 acres of bush with enough cleared for a house, fruit trees, vegies etc. Would need S.E.C. (or availability) and good water supply. We want to find something suitable (not too remote) in a warmer climate. May/June this year we will be travelling through N.S.W. to southern Queensland seeking land. We are not interested in any shared arrangements.

J. & L. Slorach, 51 Wollaston Road, WARRNAMBOOL 3280.

WANTED TO EXCHANGE: Pensioner would like to exchange small clean 3 B.R. unfurnished house in Brisbane, rent \$40 per week, no bond,

for country house at lower rent. Nambour area preferred but will consider elsewhere.

Write to D.Hudson, 11 Lewis Street, CAMP HILL 4152.



SHARES AVAILABLE: Two shares available in a newly formed northern N.S.W. vegetarian community. It consists of 450 acres, owned in common, backing onto the Numinbah Nature Reserve, with rainforest, eucalypt forest and some cleared land. Situated at end of council gravel road, half hour drive from Murwillumbah (roads and constitution still to be made). Abundant water from two creeks, great swimming holes.

We are aiming for low environmental impact, with some permaculture interest. We would like playmates for our kids, particularly a boy aged 8-12. No cats. Dogs discouraged.

Price \$15,500 or \$5,000 minimum deposit with balance over 3 years at 15%. Contact Deborah Kaplan, C/- Post Office, Sth. Murwillumbah 2484. Ph. business hours 066-723-287.

LAND FOR SALE: Approximately 1½ acres, situated one mile from township of Merino in Victoria's Western District. Water, electricity, telephone available. Beautiful views, excellent vegetable growing soil. Price \$2,000. Apply to:

'Wy Wurry', Old Mt. Gambier Road, CASTERTON 3311.

HOME STONE FLOUR MILLS: Mill your own stone ground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed By Housewives Association'.

'True Grist Barley Grain Beer' we guarantee 100% satisfaction and success in using our Home Stone Flour or Grist Mills to mill fresh barley grain grist for the best 'Home Grain Beer' in the world, made at home!

Write for your local agent's address, and send two 24¢ stamps for our catalogue to Kevin & Bronwyn Rogers, Australian Retsel Distributors, P.O. Box 712, DANDENONG 3175, our office 16 Pinewood Avenue, NORTH DANDENONG, or telephone 03-795-2725.

LAND FOR SALE: We have one fourth share left to sell in our land situated in hills about 20 km from Deloraine, amongst other self-sufficiency minded neighbours. There are 64 acres, sheltered, natural valley with permanent water, two creeks flow down from the mountains to reach us first. Good potential for gravity feed and small power generation. Timber, stone and clay, some dogwood for fencing, sassafras for tea. School bus close by.

With N-E aspect, it provides balanced environment where four families could live self-sufficiently. Separate house sites are offered as we feel each individual unit needs its privacy. Each family would use areas close to their houses for vegies and animals. Orchard, pasture and some crops would be grown between all tenants on a common basis.

A share is \$5,000 to a like-minded family/permanent dweller, who are/is seriously interested and would join us soon. For further details contact:

Phil Young, C/- Post Office, HAGLEY 7257.

FOR SALE: One hundred acre property with brick and tile 3 B.R. home in beautiful situation near Sheffield, Tasmania. Half the property is cleared and grassed, remainder is bush with much valuable timber. House to be sold fully furnished, including carpets throughout, all venetian blinds, fridge, deep freeze, 3 bedroom suites, lounge suite, electric stove.

Abundance of water (two permanent creeks. Large vegetable garden, twenty odd laying hens, milking cow, riding horse, fruit trees and small fruit, etc.

We are asking \$85,000 for the property but would consider selling the home and about 20 acres for \$65,000.

C. Elliott, P.O. Box 107, SHEFFIELD 7306.

Unclassifieds

Unclassifieds are \$5.00 each and payment must accompany the advertisement.

FOR SALE: Financial problems force this sale of 360 acres of virgin bush, some cleared. Situated 30 km north of Tamworth, N.S.W., including permanent creek fed by two springs. Twenty acres of bush poles. Abundance of cypress pine, wildlife and breathtaking views. Price \$30,000 (negotiable). All enquiries to:

Leonie Deuis, 'Hillcrest', Church Lane, CASTLEREAGH 2750. Phone 047-761-111.

FOR SALE: A 25 acre block, 7 miles from Narrabri on bitumen road. On the block there are three railway carriages, two divided into four bedrooms, one set up as kitchen, lounge and dining room. We have lived comfortably for 7 years.

There is a 22ft by 40ft workshop, double car shed, double horse yard and three concrete pig sties. Connected to mains power, good bore with pump. Bush house, fernery, 16ft by 24ft BBQ area. Work available around district.

We are asking \$55,000 but the price is open to negotiation. J. & P. Stoffels, P.O. Box 27, NARRABRI 2391, Ph. 067-923-175.

FOR SALE: Books by independent publishers.

The Gypsy Cookbook. Legends and recipes for natural foods - \$3.95.

The Gypsy Storyteller. Stories and folklore of the Romani people - \$3.95.

Savage of Bau. History and adventure in the South Seas - \$3.50.

Trooper Anislie. The turbulence of the A.C.T. in colonial days - \$3.50.

This Child. An Aboriginal boy's struggle to survive - \$3.00.

Time to Read Poems. Poetry with a common theme, delightfully presented - \$4.95.

All available from Norman Featonby, Good Book Service, P.O. Box 449, ASHFIELD 2131. If you send payment with order, we send books post free.

WANTED: Financially able, preferably vegetarian individual, interested in purchasing half share in acreage having an existing dwelling or dwellings, in N.S.W. within a radius of approx. 300 km of Sydney with a 28 year old female vegetarian musician. Please reply to:

Karen Egan, C/- Braithwaite, 214 (Lot 10) Pollock Avenue, WYONG 2259.

WANTED TO BUY: Bushland within 100 miles of Melbourne to either maintain or restore to its natural state. Land type of little importance so isolated, rugged and inhospitable terrain will be considered. A large area of land is preferable, but I can afford only \$2,000-\$3000.

Duncan Campbell, 19 Bruce Street, MITCHAM 3132. Ph. 03-874-4103.

NATURAL VITAMINS, MINERALS AND HERBS: At wholesale prices we have available:

1000 Vitamin B Complex	\$9.00
1000 Kelp 250mg.	\$7.00
1000 Herbal Slimming Aids	\$15.00

Free delivery on orders of \$20.00. Further prices and information from:

V.M.H. Supplies, 256 Balcombe Road, MENTONE 3194. Phone 03-584-1308.

HOUSE FOR SALE: Family reasons urge us to sell our house which is situated just out of Stanley and overlooks Bass Strait with the Three Hummock Island group and the east inlet of the Stanley Peninsular. Soil is red loam. Mild, frost free climate and 40in rainfall. The house is 4 B.R. Edwardian (or older) approx. 17 sq. All conveniences. Very sound on half acre, no immediate neighbours. Hedges 10ft, many old trees, established vegie garden, chook run and plenty of room. Fresh air, water, free firewood (offcuts), abundant seaweed mulch other resources and

most facilities in Stanley. Asking about \$42,000 and welcome enquiries.

J. Russell, P.O. Box 16, STANLEY 7331 or phone 004-581-258 anytime.

FOR SALE: Healthy native plants in large quantities. Propagated from seeds collected from all over Australia.

400 Calistemon (4 varieties of bottle brush)

500 Melaleuca (5 varieties)

100 Tallowood gums

400 Other Eucalypts (18 varieties)

90 Hakea (5 varieties)

150 Casurina (3 varieties of She Oaks)

100 Plus other mixed exotic flowering shrubs and trees.

Average height 300 mm in 80 mm and 50 mm plastic bags. \$1.00 each or 40% discount on large orders. Will sell and deliver the lot for \$1,200.

Doug Willis, 51 Park Road, AUBURN 2144. Ph. 02-649-6412.

LAND OR SHARES WANTED: Can anyone tell us of any communities or areas of re-settlement where we might buy shares or land of our own (20 to 100 acres) within four hours of Sydney on the coastal side of the mountains. We don't want cleared land - hills, bush with some permanent water, creek or dam. We are 30, 31, 3 and 6 months, not religious, don't smoke, drink moderately and garden organically.

V. & G. Bonin, Post Office, MURRINGO 2586.

FOR SALE: S-E corner of N.S.W. Temperate climate, low humidity, few pests, 38in rainfall well spread out except in drought. We have 970 acres unspoiled bushland bordered by state forest at the end of a bush track between Eden and Bombala. No amenities. All lots have creek or river frontage or access to same. Handy to beaches, fishing grounds, national parks, snowfields.

We are not young and will sell part of this land to people interested in natural development without chemicals, using solar and wind power, in order to finance our retirement to the remainder. From 40 acres to 160 acres, prices from \$16,000 to \$40,000. For details please write to:

'Land', P.O. Box 445, MANLY 2095.

FARMLET FOR SALE: This 7 acre farmlet is situated 25 km from Warrambool, just off the Great Ocean Road. It has a 6 B.R., W.B. house with open fireplaces and a 12ft by 24ft dining room. Combustion stove which also supplies hot water, a gas stove and aux. electric HWS in the bathroom. Numerous sheds, 7000 gal concrete tank and a bore for a continual garden water supply. Price is \$37,000. If you are interested please ring vendor on 055-659-326.

WANTED: Just turned sixty. Independent and very active. Only two things wrong - I miss the bush and miss having a companion. Would like to share a few acres with a nice guy on a 50/50 basis. Must be a non-smoker. Would prefer northern N.S.W. or Qld. Anyone interested please contact:

Anna Stone, Box 395, NOWRA 2541.

THE SPEEDY BREEDER COMPOST WORM revolutionises your compost and transforms your garden. Let Speedy Breeders halve the time and work you put into turning the soil and compost and watch them create perfect topsoil. Just \$6.50 for 500 worms or \$12.00 for 1000. Free pamphlet on worm care and postage Australia wide included. Air mail \$1.00 extra per 500 worms. If you would like further information on the value of earthworms send S.A.E. to:

Numby Numby Worm Farm, ROLLANDS PLAINS 2441. Phone 065-858-239.

LAND FOR SALE: Due to enforced change of plans I must sell my lovely 70 acres. Well timbered, abundant wildlife including lyrebirds, deep winter creeks, valley views. Good all weather dirt road, surrounded by state forests and national parks. Area has mild winters and heavy winter rains. Locally famous for sub-tropical rainforest, wildlife and fishing. Schools, 6 miles primary, 12 miles secondary in Mallacoota. Asking \$18,000. Some vendors terms may be possible.

Apply to B. Taylor, Box 164, FREMANTLE 6160.

Information Available

When contacting groups, associations or newsletters listed in Information Available, please, out of courtesy, include an S.A.E., and mention that you heard about them in Grass Roots.

LOW COST COUNTRY HOME BUILDING

A handbook of the essentials of low cost construction for the guidance of rural homebuilders.

'The need for this handbook arose from the housing aspirations of new settlers in rural N.S.W., particularly within the North Coast region. An increased awareness of environmental values together with a desire to lead simplified lifestyles has lead to a re-evaluation of rural building practice.

Under these circumstances it has been found necessary to provide improved information for aspiring home-builders, particularly with regard to siting and building healthy and safe housing within the state building regulations.'

The book is divided into four main parts -

1. Deals with the preliminary assumptions and definitions from Ordinance 70 (the regulations concerning building in the N.S.W. Local Govt. Act, 1919, confined to the essentials of domestic construction.

2. Outlines the procedures used by the local authorities to administer the Ordinance to home-builders.

3. Concerns those principles of enclosure and weather-proofing, the making of surfaces and openings so that the spaces of the building are suited to the lifestyle of the inhabitants.

4. Outlines those common services which a home-builder may wish to provide in the dwelling - hot and cold water supply, gas supply, drainage and waste disposal, electrical work and heating devices such as stoves and fireplaces.

Price of the book is \$3.00 plus 50¢ postage from:

Department of Environment and Planning,
Box 3927, G.P.O.,
SYDNEY 2001.

COUNTERSEXIST BOOKS

A wide range of countersexist books is available from the Woman's Movement Children's Literature Co-operative Ltd., a local publisher specialising in this field.

There are paperback story books for young children, fiction for older age groups, and a book buying guide for teachers, librarians and parents which lists 200 currently available children's books with a countersex theme. Price is \$1.00 plus 40¢ postage for buying guide and further information can be obtained from:

W.M.C.L.C. Ltd.,
P.O. Box 119,
MOOROOLBARK 3138.

MARY BUTLER'S WEAVING NOTES

The information for this fascinating little book was first published several years ago in the N.Z. Home Journal. It has been revised, rewritten and presented in this easy-to-follow guide to woolcrafts. Whilst the book covers spinning (wheel and spindle), knitting and dyeing, the main emphasis is on Mary's revolutionary method of putting on a warp - a method which takes only a fraction of the time required for conventional methods. Details are given for warping a rigid heddle and a four shaft loom, together with general weaving hints.

The book of 68 pages, costs \$4.80 (N.Z.) plus postage. Airmail to Australia was \$2.10 (N.Z.) and is available from:

Mary Butler,
Unit 2,
7 Kitirawa Road,
Remuera,
AUCKLAND 5, N.Z.

FOREST EDGE SEED FARM CATALOGUE

This mail order seed catalogue specialises in vegetable plants which originate in the sub and true tropics but which are adaptable to most areas of Australia. Many of the seeds are rare and virtually

unobtainable. They are suited to experimenting gardeners, those into subsistence lifestyles or looking for something new and practical. Each plant listed has its uses, growth habits and special points described. Growing instructions are included with orders.

Catalogue is \$1.00 which is refundable with first order.

Forest Edge Nursery,
P.O. Box 60,
YUNGABURRA 4872.

BIOLOGICAL PEST CONTROL

Commercially produced biological agents (insects and mites) for control of pests in home gardens are now available. 'Biocontrol', a company in Warwick, Qld. has begun production of a range of beneficial insects, the initial predatory mite being *Phytoseiulus persimilis* for the control of the Two Spotted Mite or Red Spider Mite. The company will soon be producing a range of other beneficial species including a small ladybird beetle which feeds on mealy bugs and a number of species of minute parasitic wasps which attack aphids, white flies, citrus scale insects and moth eggs.

Mail order only from:

Biocontrol,
P.O. Box 515,
WARWICK 4370.
Ph. 076-661-628.

THE HILLS DISTRICT HARNESS CLUB

There is an active group in Sydney, catering for enthusiasts of horse-drawn vehicles, their restoration and use, and the driving for pleasure of the harness horse, pony, donkey and mule. This group holds events about once a month, runs driving weekends, instruction days, driving competitions and inter-club events. The club is affiliated with the Australian Driving Society and produces a bi-monthly newsletter - 'The Spokesman'.

Enquiries to:

The Secretary, H.D.H.C.,
Mrs. J. Muspiatt,
R.M.B. 112B,
Bringelly Road,
CROSSROADS 2170.
Ph. 02-606-5075.

SEEDS FOR THE TAKING

The Australian Government plans to pass a law that will allow new plant varieties to be patented. This book from the Food Justice Centre in Melbourne is about:

- * the seeds of the earth - should they be a public or a private resource?
- * who will breed the food crops of the future - and who will benefit?

This little book presents the case against seed patenting in Australia and is a vital resource for all people concerned with plant patenting.

The price is \$1.00 post paid and is available from:

The Food Justice Centre,
366 Smith Street,
COLLINGWOOD 3066.

CANCER INFORMATION AND SUPPORT SOCIETY

This is a new group formed in Sydney in 1981 to provide information and support for cancer patients, particularly in the area of alternative cancer therapies. It is an educational, non-profit organisation. The group publishes a bi-monthly newsletter.

Further information (S.A.E. please) from:

Secretary,
Lana Johnston,
7 Nicholson Street,
TEMPE 2004.

Information Available

ASTHMA AND ITS RELIEF — R.A. Roberts.

The purpose of this book is to bring to the attention of the reader the many methods, remedies and techniques which can be used to alleviate the miseries of the asthma sufferer. The methods described do not have harmful side effects and are mostly based on natural methods of healing. There is no single remedy just as there is no single cause — rather it is necessary to look at and use a combination of methods. The author, himself a sufferer for many years describes how a sensible lifestyle, coupled with sound professional advice can lead to sustained good health for all handicapped by this condition.

The price is \$4.50 and is available from:

R.A. Roberts,
256 Balcombe Road,
MENTONE 3194.

SUNSHINE NEWS

Sunshine news is a fortnightly paper published from the Sunshine Coast of Southern Queensland. It covers environmental issues, food and health, organic gardening, self-sufficiency, hamlet development, alternatives to unemployment, new age economics, spirituality, astrology, communities, saving seeds, local poetry, women's health and much more.

Subscription for 3 months \$4.00, 6 months \$8.00 and for 12 months is \$16.00 available from:

Sunshine Media,
48 Maple Street,
MALENY 4552.

FREEWHEELING

This is a magazine for, and by cyclists. It reports on important events in the cycling world and actively promotes bicycle touring in Australia and overseas. It has published articles on the first of a network of rural cycle trials. If you're into bikes, this is the magazine for you.

Subscription is \$8.00 for four issues.

Freewheeling Australia,
P.O. Box 57,
BROADWAY 2007.

EXPERIMENTAL BUILDING STATION PUBLICATIONS

Saleable publications prepared by the Experimental Building Station are issued at irregular intervals in the following series.

- * Bulletins which summarise the state of knowledge on specific topics for the general reader.
- * Technical Studies which are discourses on particular technical subjects of interest to practitioners.
- * Notes on the Science of Building which are illustrated pamphlets each dealing with an item of practical interest to those engaged in the building industry and to students.

For further information and a list of publications, write to E.B.S., P.O. Box 30, Chatswood 2067. The publications can also be purchased over the counter at the offices of the Department of Housing and Construction or Australian Government Publishing Service bookshops in all capital cities.

THE POTTERS' DIRECTORY AND INFORMATION BOOK

This book contains five sections of information including a directory of nearly 200 potters, their resumes and photographs of work; a listing of groups and craft organizations; colleges and learning opportunities; craft shops and galleries, manufacturers and suppliers. This attractive loose leaf book is a valuable reference for potters, schools and libraries.

Price posted is \$15.00.

Potters Society of Australia,
48 Burton Street,
DARLINGHURST 2010.

RESIDENTIAL CONSERVATION CO-OPERATIVE

For those interested in co-operatives the R.T.B.C.C. has existed in the Kangaroo Ground/Christmas Hills Environmental Living Zone

since 1971 and currently has fifteen houses either built or under construction. It has developed, and is implementing a management policy which combines the needs of permanent residents with the desire to conserve the native flora and fauna. Membership in the co-operative is available and opinions, ideas, help, enquiries and participation is invited.

Further details and a comprehensive statement of our objectives are available (S.A.E. please) from:

N. Harvy,
R.T.B.C.C.,
C/- Post Office,
KANGAROO GROUND 3097.

MACRO NEWS

This newsletter has been established to make available information on a macrobiotic view of life. By understanding the flow of universal change, via the tools of Yin and Yang and continual self-reflection, we can evolve and develop the ability to understand all phenomena. Uniting all practices, old and new, to create a richer, healthier and happier life for all.

Subscription is \$3.00 per year and available from:

Macro News,
116 Chapel Street,
WINDSOR 3181.

A GUIDE TO ORGANIC GARDENING IN AUSTRALIA — Michael J. Roads.

'Gardening organically means treating the soil as if it is a living organism needing food, water, shelter and proper conditions for the best plant growth possible.'

This theme is evident throughout the book, the respect and love of the earth that contributes so much towards making a garden flourish. Michael Roads starts by introducing the basics of organic gardening, explaining the roles that soil and plants play in the garden and the use of mulch, compost and organic fertilisers. He then takes each fruit and vegetable individually, describing its requirements and methods of growing and often the best way of eating the resulting produce.

Besides fruit and vegetables he also looks at ornamental plants — shrubs, trees, lawns and borders and the vital part they play in the garden ecology. The book finishes up with sections on companion plants, pest control and handy hints. This is an excellent book, whether your garden is confined to a suburban backyard or has unlimited space on the farm.

Price is \$4.95 plus postage (Australia 55¢, N.Z. \$1.45) from:

Homeland Foundation,
THORA 2492.

ORGANIC EASTER SCHOOL — April 10th-11th-12th, Wodonga, Vic.

This year a world expert on organic farming will give a series of lectures at the school. He is Mr. Dick Widdowson of the Soil Association Research Farm at Haughley in England. The farm, established in 1919, examines differences between organic and chemical farming and Mr. Widdowson has been manager since 1968. Also featured in this 'Year of the Tree' will be speakers on exotic tree crops and growing native trees. One speaker will be Frank Scarf, National Convenor for the 'Year of the Tree' campaign. There will be a number of other speakers as well as demonstrations and workshops on various related topics. Camping on site or accommodation in Albury/Wodonga is available. The school is held on Geoff Wallace's property and will look at aspects of his organic farming practices, including demonstrations of his 'soil reconditioner'.

Fees for all three days are \$25 family, \$12.50 single. All enquiries or bookings write:

Kiewa Valley Organic Society,
C/- Geoff Wallace,
R.M.B. 1059A,
WODONGA 3690.
Ph. 060-275-340.

Book Reviews

THE PIGKEEPERS GUIDE – by Peter Mitchelmore. R.R.P.\$13.50. Hardcover, 128 pages, English.

Being ignorant, but interested in keeping pigs, I found this an informative, easy to follow, introductory book. Many small scale farmers can utilize more fully their acreage and resources by running a few pigs for the home freezer or community market; this book will certainly help get the enthusiastic person started.

Aiming at the beginner the book looks at the many facets involved in pigkeeping – from the nature of pigs through to housing, bedding, feeding, breeding, selection, avoiding bad habits and disease management. The chapters are illustrated with diagrams and there are two eight page sections of black and white photographs.

Would I buy, especially at the hardcover price of \$13.50? Probably, but only after first checking out what other books are available on this subject and their prices. There are several other considerations that would colour such a decision. First, being English in origin, some of the specialist information is bound to be irrelevant and the beginner is going to need some help in sorting out exactly what is pertinent to this country. Secondly, because it is aimed at the beginner, the serious pigkeeper will soon require further indepth information, in the form of a second book, and thirdly, several of the photographs are very out of focus, one, illustrating teeth clipping, being quite useless. Book buyers can well do without such careless workmanship.

Don't be put off this book by my criticisms. If you are a would-be pigkeeper, seek it out and make up your own mind. It is a good book despite its faults and one that offers the sort of experienced advice, support and information that will encourage you to want to have a go at this type of animal husbandry.

The Pigkeepers Guide is temporarily in short supply as distributors await orders held up on the wharf.

THE PRE SCHOOL BOOK – by Brenda Thompson. R.R.P.\$4.95. Paperback, 187 pages, English.

This excellent book looks at the many facets of the pre-school years and attempts to answer the multitude of questions that arise during this critical stage. Few parents sail through this time confidently; for those who don't, this book will be a support and a backstop. Don't be mistaken though, while it does deal with the problems and the negative side of the pre-school years, it also sheds light on and makes suggestions for making the most of this time in a creative, constructive manner.

The author has organized the book around five chapters with each one being broken up into a collection of small articles. The five chapters cover your children (including such areas as choice of playthings, imagination, independence, drawing, sex related differences, only children, single parent families, and more behaviour and activity at home (food, clothes, sleep, toys, books, baby talk, T.V., outings, behaviour, rules and standards, stealing, tantrums and more) pre-school education (nursery education, benefits, working women, childminders, home-bound in the country), first steps in learning (popular playthings, action painting, free activities, tidiness, group behaviour, aggression and more) and finally preparing for school (covering starting a play group, activities, choosing a primary school, leadership and discipline, the three Rs, work and play, and more).

It is a practical down-to-earth book written by a person who is both a mother and teacher with an enjoyable sense of humour. Because it attempts to cover such a broad field the content tends to be superficial, however there is a list of suggested reading for those wishing to explore further. *The Pre School Book* is excellent value at \$4.95 and is one that will be used again and again and will help you to decide 'what to take seriously and what to accept with a smile or a sigh'.

THE SEA VEGETABLE GELATIN COOKBOOK – AND FIELD GUIDE – by Judith Cooper Madlener. R.R.P.\$11.50. 154 pages, American.

Agar, carrageenan and algin are the three gelatin extracts produced from seaweed. They are low in calories and high in minerals, with a wide range of properties and an inspiring versatility for the inventive cook.

This book gives an excellent introduction to sea vegetable gelatins. Not only does it provide 200 recipes for some unusual dishes, but it also provides a history of the use of each gelatin, current usage and availability, and an illustrated field guide to enable you to identify, collect and process your own seaweed. Using the home-processed gelatin is less predictable than the bought variety so it would be wise to start with simple recipes. However more difficult recipes could be experimented with when experienced. With this in mind, the recipes where foraged plants could be used are marked with an asterisk.

A worthwhile book that should interest the adventurous cook

THE MISUNDERSTOOD MULE – by Walter L. Rickell, available from Broomtail Magazine, Hughenden, R.S.D. EAGLEHAWK 3556. R.R.P.\$9.50 posted. Paperback, American.

A paperback copiously illustrated with photographs, it gives something of the history of the mule in America and of mule-breeding jack stock and of the uses that mules are put to today. Anyone with any lingering ideas that the mule is an anachronism, a has-been, should read this book. The first section of this book is entitled 'Who Is The Mule?' and the last paragraph of this is what the whole book is about – 'Well our long-eared friend has been with us for some time and will be there for a long while into the future. He has been an important part of civilisation, doing all the hard, dirty and boring labour, taking the butt of all men's jokes and prejudices, with mankind giving him an image of being stubborn, mean, kicking and hard to handle, which is far from the truth. The intent of this book is to give the mule's side of the story, for he is *misunderstood*.

ZUCCHINI PATCH compiled by Kathy Shreves and Bonnie Millhollin. R.R.P.\$7.95. Soft cover, 108 pages, American.

Zucchini Patch must be to the home gardener what '101 ways with mince' was to the struggling housekeeper! It supplies the answers for coping when the dreaded annual glut occurs. There are recipes for appetizers, pickles and jams (yes, there is zucchini and apple jam, zucchini gooseberry jam and zucchini and apricot jam) breads, pancakes and waffles, soups, salads, vegetable and main dishes and, of course, to finish off, dessert. The recipes themselves are a fascinating lot. Can you imagine zucchini hors d'oeuvres, crab-zucchini canapes or zucchini based wheat bread, nut waffles, chowder, curry soup, pizza, soufflé, parmigiana, or french fried zucchini, zucchini patties with creamed mushrooms, or zucchini based date shortcake, chip cake, chiffon pie, spice bars or carrot bread to name but a few.

This is a well produced little book with delightful illustrations and a plastic spirex spine, a feature too often overlooked in recipe books. I'd heartedly recommend this book to all gardeners – provided you actually like zucchini!

BASIC POTTERY – by Tony Birks. R.R.P.\$9.95. Soft cover, 100 pages, English.

I cannot justify the writing of yet another instructional book on pottery without stating its aim simply and clearly. I am saddened by the attitude that a potter must accept failure and tolerate low standards of finish for his pots which he would not accept in a homemade curtain or a picture frame. Bad pots abound because techniques are misplaced and standards of judgement are confused. In the instructions, diagrams and drawings which follow, however, I have tried to follow the principle that techniques, forms, materials and decoration should be compatible and that the end product should not be beyond the complete beginner. This book is written on the basis that it is better to produce a simple clean result that is useful and satisfying than to struggle with an ambitious project that does not work. *Basic Pottery* is an honest straight-forward book, ideal for beginners. Chapters cover clay, tools, tiles, small pots, jewellery, moulded and slab pottery, coil pots, wheelwork, decoration, glazing and thoughts on design. As well, there is a list for further reading and a sources guide which covers UK, USA and Australia. Taking price, quality of presentation and content into consideration I feel confident in recommending this to beginners and would be beginners.

Book Reviews

THE BEEKEEPER'S HANDBOOK – A Practical Manual of Bee Management – by Owen Meyer. R.R.P. \$13.50. Soft cover, 253 pages, English.

Beekeeping information falls into two categories – general and geographically specific. The general information usually includes historical data, behaviour, anatomy, pollination, swarming, reproduction, queen rearing, extracting honey and bee diseases. The specific details usually include beekeeping laws, honey producing plants (when they flower, their pollen production and their location) and management techniques important in that country with extra hints on what methods have been developed to deal with local problems. It is usually impossible to translate specific management techniques, in this field, from one country to another. Thus a book on beekeeping from a cold, wet country like the U.K. can only offer the Australian reader general information and *The Beekeeper's Handbook* does this reasonably well. In most sections, the techniques presented are basic and will enable a degree of management in this country. As well, it is interesting to read about how beekeepers in other countries operate their hives.

THE HEALING POWER – A Handbook of Alternative Medicine and Natural Health in Australia and New Zealand – by Nevill Drury. R.R.P. \$12.95. Soft cover, 232 pages, Australian-English.

Alternative practitioners take the view that most forms of disease derive from imbalances in the body and if these imbalances can be corrected, then the disease is automatically rectified. It seems that there is an increasing number of people who are becoming dissatisfied with many aspects of orthodox medicine. In natural therapy the whole person is considered, both mentally and physically, in eliminating the disease. As a result, the general public is becoming more interested in natural healing therapies. Many have heard of the more common of these – acupuncture, chiropractic, herbalism, homoeopathy, naturopathy and iridology – but there are many more. *The Healing Power* contains broad descriptions of the various common and not so common natural healing therapies and also includes interviews with a wide range of therapists from several countries. It has an extensive bibliography which the reader may use to gain further information on any of the therapies mentioned. There is also a handy natural health resource directory for Australia and New Zealand which lists the services available in each town or state.

PRUNING – THE BEST WAY – by A. G. Puttock. R.R.P. \$2.50. 64 pages, Australian.

When I have to prune a tree I tend to be over-cautious and merely cut out dead wood and any branches that rub each other. After reading this book through, I have a greater understanding of what pruning is meant to achieve and I hope that next time my efforts will be a little more constructive. The book sets out the basic methods of pruning (and kindred processes) and the principles behind them. It explains how to form a young tree and how to correct problems in older ones. There is also specific information relating to individual varieties of trees. While it is generally concerned with fruit trees it also covers roses and ornamental trees, shrubs and climbers.

The illustrations that accompany the text are a great help in understanding what is being said. All in all, an informative little book and at \$2.50, one that anyone can afford.

GROWING AND USING HERBS SUCCESSFULLY – by Betty E. M. Jacobs. R.R.P. \$9.95. 216 pages, Canadian.

When I picked up this book I thought 'just another herb book'. However I was pleasantly surprised.

Betty Jacobs and her husband have run a herb farm in Canada for many years and apart from the usual descriptions of the plants, their

requirements and their uses, this book is full of ideas for projects that they have found to be commercially successful. These ideas are backed up with practical information on propagation, harvesting, drying, storing, marketing, tools and facilities required and a chapter of hints for building a successful business.

Scattered throughout the book are excellent illustrations of all the herbs listed, as well as many others relevant to the text. As an added bonus, the appendices contain easy to follow tables listing requirements, method of propagation and harvesting information for each herb.

Recommended reading for anyone contemplating growing herbs on a small commercial scale.

BIRTH RITES BIRTH RIGHTS – Childbirth Alternatives for Australian Parents – by Judith Lumley and Jill Astbury. R.R.P. \$5.95. Soft cover, 325 pages, Australian.

This is the first book to be published about Australian women and childbirth – no woman, doctor, midwife or childbirth educator should be without it. It is the parents' right to play a role in obstetric decisions, yet they are often bewildered by the range of ideas and advice about childbirth. At a time when an interest in Leboyer delivery, birth centres and homebirth is increasing, there is mounting consumer distaste for technological birth – induction, foetal monitoring, forceps delivery and Caesarean section. What are the right choices? Childbirth is the beginning of a new period of stress and readjustment. In *Birth Rites Birth Rights* you will read what Australian women and their partners have to say about sex before and after birth, bonding, breastfeeding, being at home with a young baby and grief and loss. The book will help you make informed decisions about one of life's most important events. It is your body, your baby, your decision.

Dr. Judith Lumley is a lecturer in Obstetrics and Dr. Jill Astbury is a clinical psychologist.

UNDERGROUND HOMES: An Alternative Lifestyle – by Ray G. Scott. R.R.P. \$16.95. Soft cover, 400 pages, American.

The author of *Underground Homes* built his own house in 'a conventional existing housing development in a moderate conventional Maryland community. This act could be put on the same parallel as the first black family moving into a previously all-white neighbourhood in the mid-1960s. As a result of this pioneering experience, he has much advice to offer in dealing with neighbours and building inspectors. As well, he has obviously gone to great pains to research the subject for his own benefit. This book, therefore, is the result of theory and practice and makes interesting and informative reading even though building regulations and the proximity of neighbours in U.S.A. would be quite different from the Australian or N.Z. experience. *Underground Homes* is also well illustrated with photos of various homes and their rooms with explanatory diagrams, graphs and tables. This book is well worth reading if you are planning a home or seriously contemplating living underground.

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All books without the publishers address are available from:
Grass Roots, P.O. Box 900, Shepparton, 3630.

Feedback Link-Up Feedback

Dear People,

At time of writing, early January, there are three blocks around 27 ha. for \$30,000 each and one 18 ha. block for \$21,000, forty-eight kilometres from Gympie, S.E. Queensland. Good permanent creek boundary to each block; not much timber; all improved pasture; no buildings; a bit hilly but each block has some flat land, enough for an acre or so for a garden. You could try ringing Geo. Thomas Real Estate in Gympie, ph. 821-256. Mention Kelly Toad, Upper Amamoor. As the titles aren't available until registration, the blocks have not been advertised, so allowing for delay in registration, time span before this is printed, someone may have a good chance if interested. I bought one block and was told settlement could be around June. There is no power or phone and certainly no school within 20km.

Full marks to Paul Martin. To Gail Clarke, 'Right on Babe'. To Cathy and Alricha, my sympathy. Perhaps Maurice Finkel may have a cure for their tunnel vision.

Can anyone tell me where I can get hold of any aluminium sulphate? I need it for tinning – cold plating method, not electroplating. I have this book – very old, yellowed pages. It has no cover so I don't know the title. It's American and appears to be a druggists hand book of some sort. It has recipes covering glues, cosmetics and toilet products, polishes, metal plating and decorating, ceramics, glass, inks, dyes – the list goes on. As it is so old a lot of recipes wouldn't be worth the effort even if one could get the ingredients. But, being by nature mischievous, I tried the fireworks section with spectacular results. They are not the explosive variety – sparklers, Roman candles with stars, etc. Could be a buzz for some G.R. kid. If interested drop me a letter – better still, a tape, as I'm the world's worst writer.

**G. Bretzke,
C/- P.O.,
Smithfield,
CAIRNS 4870.**

Dear Folk,

Enter the F.C.P. (Female Chauvinist Pig). Re Cathy and Alricha's comment in No. 28. I agree wholeheartedly with all the comments about full relationships being developed out of circumstances and life *but* read the next letter and several others in the 28th edition. It seems that us poor males aren't the only ones who need a little 'consciousness raising'.

It is only very rarely that I am moved to write in disagreement to a Grass Roots article, accepting that difference in lifestyle is personal choice. However I would not – could not – agree totally with everything in the article by Irene Maxwell *A Note or Two on Horses*. The article would rule out horses for most people living or trying to attain a self-sufficient lifestyle.

We own seven horses and they graze on unimproved pasture and they are all in top condition. The only extra they receive is a small handful of oats as a reward. We also see to our own worming, calling on the vet only if, and when, necessary – although we sought out the vet's advice first.

As most G.R. folk like doing things themselves, it is not impossible to learn how to tend to your own farrier work. And please someone, tell me, who can afford to take a vet out to help you check out 'lots of horses'? Much of the article is very true, however, some of it was not appropriate to the self-sufficient Grass Roots person.

**John Horsburgh,
Bevendale Road,
CROOKWELL 2625.**

Dear Grass Roots,

Thanks for a great magazine. We've been buying it ever since a friend lent me her copy of *The Early Years*. It is so useful to us as we are still learning the G.R. lifestyle. Although we don't own the land we are living on, we do have enough room to grow our large vegie garden, keep our six poor old battery reject chooks, two rogue goats, two dogs and a cat.

The rest of the family consists of Chris, Wayne and Aisha. Four month's old Aisha wasn't feeding properly but after a fortnight on goat's

milk, she's thriving and can't get enough of it. We've heard it's also good for asthma and eczema.

We are looking for land to start a vegie farm. Apart from the fact that we would prefer to be in southern Queensland we haven't a clue where to start looking. Has anyone land available or do they know of a piece of land in their area that is around 25 acres, with a permanent water supply and good soil? We would like the land to be partially cleared.

Also how much can you expect to pay for a Clydsdale or part Clydsdale gelding or mare? We eventually want to work a team or two.

A book that we have found really useful is *The Complete Book of Preserving* by Marge Cameron-Smith.

**Chris, Wayne & Aisha Croydon,
M.S.250,
Rossmoya,
via ROCKHAMPTON 4702.**

Dear Folk,

Does anyone know what Piperonyl is? It's turning up in Derris Dust, mozzie coils and other pyrethrum insecticides. Is it organic?

**Bev Povah,
R.M.B. 2011,
VIOLET TOWN 3669.**



Dear Grass Roots,

David, Nicholas (aged two months) and myself are soon to make the exciting but terrifying move to 20 acres near Stanthorpe in Queensland. There we intend to try out our ideals regarding a city-free lifestyle; gardening, repairing the dwelling etc. Our only problem is that we are of course, leaving lots of good friends and relatives, which we find a little frightening. We would really appreciate contacts, and advice from people in the area either before or after our move, which will be at Easter '82. We're particularly but by no means exclusively interested in finding other musicians in the area. We mainly play traditional Australian and British folk, but are interested in jass and swing etc.

**Gillian, David & Nicholas Rackham,
5/200 Lr Heidelberg Road,
IVANHOE 4380.
IVANHOE.
Or after Easter,
C/- Post Office
STANTHORPE 4380.**

Dear Grass Roots Friends,

The more frequent G.R. has caught me unawares again—or is it just the festive season catching up with me? I had lots of things to write about no. 27 and lo & behold no. 28 is here already. I am at last sitting in my own little cottage — lit by wind-power, music also, and warmed by one wood stove, rested by the sound of the sea close by and looking forward to a good sheepskin sleep and lots of work again tomorrow. I have had more letters asking about King Island and haven't answered all of them yet. I'll enclose a pamphlet available from the tourist bureau. If I really try I could do a personal account of the place tho' it's bound to be biased!

As well as my building I have become part owner of 60 black sheep and have some delightful fleece from shearing just before Christmas—my new spinning wheel is getting run in fast. My children are with me for the holidays and will be staying to go to school this year so I think I'm going to be even busier than ever—and I want a cow and chooks as well...must be crazy. O well, it's really living and that's what it's all about isn't it? Now that we have a Youth Hostel on the Island we are meeting some really interesting people and several new residents have mentioned shyly that they are G.R. fans so friends are never in short supply.

**Robyn Eades,
R.S.D. 119,
Naracoopa,
KING ISLAND 7256.**

Feedback Link-Up Feedback

Dear Friends,

The wastage of water in the home has concerned me somewhat lately and I would be interested to know if anyone knows of anybody who has adjusted their plumbing to make water from showers, baths, washing up, machine clothes washers etc. once down the drain, available for lawn or crop watering. I feel suburban self-sufficiency people could make use of this 'waste' water for agriculture and horticulture and leave the tap water for drinking, etc. Is anyone doing this?

**Nevin,
9 Phar Lap Place,
St Clair Estate,
ST MARYS 2760.**

Dear Grass Roots,

I am very interested in growing herbs for all uses (teas, culinary, potpourris and medicinal). I have never grown any before and would like to have a go. We have a vegetable garden out the back in which we grow tomatoes, lettuce, cabbage and whatever else we have success in growing. With our very hot and dry climate it is not easy to grow anything. Would anyone be able to advise which vegetables we can best grow or what we can do to help them grow?

Perhaps I should explain our climate. The temperature varies between 40° celsius and 45° celsius for about 8 months. From May to August the temperature drops. These are our winter months. We find this the best time to grow vegetables. I hope to hear from you soon.

**Mrs. Daphne Joyce,
Box 233,
PANNAWONICA 6716.**

Dear G.R. Readers,

There is an opportunity for someone with little capital and lots of energy, application and staying power.

I was at Rosevale Station in Nov. '81. This is a 130,000 acre Station about 10 miles out of Wyandra, (about half way between Cunnamulla and Charleville). The owner, Mr. Ted Hill, has a section of about 40 acres which is fitted with irrigation, Warrego River is across the dirt track, includes a 4 room house. Ground said 'to grow anything'. Gets very hot in summer but in winter has frosts at night. You pass the main homestead to get 'out'; all dirt to Wyandra (black soil-which means 4WD for wet weather).

Mr. Hill wants to see the land put to use, wants someone who will stay a while and work it, an 'amicable arrangement between parties'. I'd say he is fair to deal with, seems genuine - just watch his leg-pulling humour!

If you're keen write to Mr. Hill, Rosevale Station, Wyandra 4489 and good luck.

**Wilma Murray,
Box 241,
LANE COVE 2066.**

Dear Readers,

We are two women with one child desperate to get back to the country and grow things. We would like to hear from any readers who know of an empty house somewhere around Nambour which the owners might let at a low rent to a mother and daughter living on a pension. We have good references, like things clean and tidy, and would be very capable of painting the place if materials were supplied. We are into art, natural foods and do it yourself fans.

**Daphne and Tonya Hudson,
17 Lewis Street,
CAMP HILL 4152.**

Dear Friends,

I am writing to express my thanks to Grass Roots for offering such pleasant and practical help to people desiring a more wholesome lifestyle. The communication in Feedback is a triumph in these lonely times. As a Seventh Day Adventist I have a real empathy with you. Adventists have always advocated country living, preventative medicine through sensible diet and a protective appreciation of nature. Our special love for our environment is largely based on our belief that Jesus created

this planet. We celebrate this creation once a week on the seventh day, according to the ten commandments. Of course, some of us can get distracted by materialism. It easily creeps into our value system and that is why I am so grateful to Grass Roots for a happy reminder of the good life and its benefits. I know other Adventists who also appreciate Grass Roots.

**Mr. Scott Riggins,
27 Currans Road,
COORANBONG 2265.**

Dear Readers,

Can anyone suggest a small town or community where there is a chance for 'unskilled' employment, alternative schooling available and generally people are 'down to earth'.

**Gail McFeeters,
P.O. Box 34,
NORTH BROKEN HILL 2880.**

Dear Grass Roots Readers,

We recently travelled to Tasmania for a quick look around and both enjoyed the island so much we have decided we would love to live there. Could any Grass Roots people down that way, write and let us know of any land for sale? We are particularly interested in the east coast, but all letters will be gratefully received and answered.

We will be travelling down to Tasmania again in May 1982, so perhaps we could contact anyone with information then. We have in mind anything from 5-30 acres or thereabouts, with permanent water but not essential. We would love to hear from people with any ideas or suggestions.

**Gary Johnston & Shere Stone,
Upsalls Creek Road,
KENDALL 2439.**

Hi G.R. Folk,

We are Kym and Peter, mid-twenties, living in Sydney and dearly looking forward to about April next year when we'll be free to leave suburbia behind and head north. We spend every spare minute we can getting back to country living and would love to make friends with any G.R. people out there - exchange letters, perhaps meetings, etc. We'll be aiming for the far north coast eventually so letters from anyone up there would be especially welcome.

**Peter & Kym,
9 Strickland Road,
GUILDFORD 2161.**

Dear G.R. Folk,

Would some kind soul drop me a line or two and tell me how to seal a dirt floor, with details of application. Hopefully from someone who is living on one.

**J. Storey,
R.S.D. Calder Highway,
HARCOURT 3453.**

Dear Grass Roots,

We have a beautiful isolated farm two hours from Sydney and thirty minutes from Mittagong. It has 90 acres of cleared pasture, cattle, fruit trees, and vegetable garden. There's no electricity, but a generator and a solar-powered telephone.

To us and our two little girls, it's heaven; but work and family commitments keep us in Sydney Monday-Friday for the time being so we wondered if among Grass Roots readers there was a responsible, experienced (older?) couple who would be happy gardening, feeding chooks, and care-taking in return for free house, fruit, vegies, eggs, and virtually no money. As there are no close schools or bus, we feel it wouldn't suit people with school-age children. Handyman skills, and the resourcefulness to cope with bush-fires, cows caught in fences, etc. essential.

**Tristram & Angela Miall,
28 The Avenue,
RANDWICK 2031.**

Feedback Link-Up Feedback

Dear Grass Roots People,

Recently the Morwell Organic Growers Co-operative was formed in Central Gippsland. Morwell is in the heart of the Latrobe Valley, approximately 140 km East of Melbourne.

We are very anxious for further members to join our ranks to help spread the ideal of organic cultivation. Our aim is to encourage organic cultivation and to educate people as to the benefits of poison free fresh produce. Self-sufficiency, of course, plays a major part in all our programmes.

Initially one of our first projects is to organise a communal plot of land somewhere so that those without gardens can grow their own organic vegetables. Maybe there is someone out there who would be prepared to let us use or lease some of their land (one or two acres would be sufficient).

Another project which we have been discussing is some sort of education programme. One of our members is involved with the new Gippsland FM station which is soon to start transmission. If we get enough support we will be able to put together some sort of radio-programme on organic gardening which will be broadcast over Gippsland.

We also plan to have a regular stand at the Weekly Morwell Market where people can take their garden produce and surplus. I have sold fresh organic produce at the market and have had little problem selling it. With the support of members another worthwhile project could be a seed bank.

As our name suggests we hope to be a formally recognised Co-operative under Victorian Law. Such a structure could entitle us to a grant of up to \$11,000 which we hope to use to buy machinery etc. which we will rent out to our members. Also, it will limit our liability in this venture.

Maybe, you would like to be part of this growing group. The people below will be able to give you further details and how to join; or you can write to me.

Paul Panebianco 056-268-337

Hans Proebsting 051-342-435

**Paul Panebianco,
Glen Cromie Road,
ROKEBY,
VIA DROUIN 3818.**

Dear Everyone,

I love this magazine and savour the day of its arrival. It's inspiring and full of useful info for me - the planner. At the moment that's all I can do as I live in an isolated mining town, working and saving to obtain a small bushland farm — I guess I'll get there one day!

I am writing to ask anyone out there if they have recipes or know of books concerning recipes for small portable camp ovens. I frequently travel out bush but am limited in 'camp oven' inspiration. Please write to the address below if you can help.

Major Dilema - how does one thaw and/or whip 'frozen' cream so it doesn't end up looking like curds and whey!

**Little Miss Muffet,
Pam B,
Box 432,
NHULUNBUY 5797.**

Dear Meg, David and Tribe of Man and Beast,

I guess we should never take nature too much for granted. We had been rejoicing at such a marvellous spring - mild and wet after three years of drought when out of the blue our entire property was pulverised by the worst hail-storm in living memory. Our orchard was stripped bare and the vegetable patch (some quarter acre of it) looked like an enormous spread of instant coleslaw.

What has really impressed us, is the remarkable recovery made by the vegetables — tomatoes springing afresh from below ground, even lettuces growing replacement hearts and broccoli with three or four heads instead of just the one. Peas and beans, and of course, the fruit

trees and berry bushes suffered the worst, but my advice to anyone hit by hail (we had 20cm of golf ball sized stones in 10 minutes) is to wait a fortnight to see what recovers best rather than rush out, plough up and replant. The exception here would be cereals, as these are (and were) ruined by hail, in which case, unless they are at harvest stage, they should be ploughed in as green manure since they are so rich in nitrogen.

We would have had a 'White Xmas' if the storm had been a month later and I don't think I shall ever forget standing knee-deep in ice in the 'V' of our roof shovelling hail-stones onto the ground below.

Thank you most sincerely for Grass Roots Bumper Book and sanity in a world of bonkers.

**Lesley, Graham, Richard & Felicity Carter,
17 Wellington Street,
EGLINTON 2975.**

Dear G.R. Readers,

I have been an avid reader of Grass Roots for some time now and can hardly wait for each copy to come off the press. I immediately devour it from cover to cover. It always touches me to read of people, so many of whom have little or no experience in these matters, wanting desperately to 'have a go at self-sufficiency'. I often wonder how many make it and admire them all very much for their tenacity. It is not easy even with a lifetime of farming experience. It is a great responsibility to have animals, plants, etc. depending entirely upon you for their very existence.

Husband Raul and myself have 8 acres with 20 goats, six milking at present, 8 sheep, 1 calf, fowls and a very large garden so we find the day never long enough. Cash income is always needed, no matter how much is provided from the land so outside work is a must, but it's a great way to live, so good luck and brave hearts to all just starting out.

A letter in G.R. No. 28 from Cathy and Alricha evoked much thought. I am now more than half-way through my 'allotted span' and have seen a good deal of the world and life in general. I have met many men, who through no real fault of their own, have been lonely bachelors. Life does not always 'just evolve' as their letter states, into finding a longed for mate. Next to their letter is one from a lady looking for a male companion. Do Cathy and Alricha suggest she just wants some poor male to exploit, sexually and work-wise? If anyone, male or female answering such 'ads' don't like what they find, they can always leave. Having found the lifestyle they are happiest in, what is more natural than for a person to look for someone to share it with - may they all find the 'right' one.

**Heather Guardado,
'Bonnybriar',
RAYWOOD 3570.**

Dear Grass Roots Folk,

Our year in W.A. has been rather eventful as far as the weather goes - very topsy-turvy. A lot of rain fell last week and the south is really suffering at the moment with flooding. Although the rain is great for our gardens it's bad news for our farmer husbands. It ruins the dry feed which will mean earlier hand feeding and we have had enough rain to cause some germination which is not good in January. Still, in our area, we have been very fortunate not to suffer the severe damage they have had down south.

We are having an exciting time at the moment watching our new house go up. It's hard to believe after years of waiting and hard work to see that it is actually under way. I have put a lot of plants from my garden (of the past 11 years) into pots and tins ready to plant out. I've also collected all the seeds I can from flower and vegetable garden to plant after the autumn rains come.

**Lois Kelly,
C/- Mendoora Downs,
GILLINGARRA 6523.**

Feedback Link-Up Feedback

Dear Readers,

A remedy for ticks and fleas on dogs. Mix in a chopped garlic clove to their daily feed. The garlic gets into their blood system and repels biting.

**Geraldine Zealley,
Berkleys Road,
FLYNN 3844.**

Dear Friends,

In answer to Mr. J. Buttery's letter (G.R. 28) December '81, I would like to answer his question, 'When is a plant not a plant but an animal?' I would like to make it known to all that our scientists *wouldn't* be thrilled to know just what makes a plant a plant as it is common biological knowledge. The plant kingdom is characterised, and indeed set aside from other life forms by the simple fact that only one of the five elements of life is active or awakened in them. This active element is water.

Insects have two active elements. Birds and reptiles have three while quadrupeds such as cows, horses, etc. and other higher animal forms have four active elements and man has all five elements active and wakened in him.

The element that distinguishes man from other species is ether which is the active element that forms the basis of our thinking and reasoning faculties. So from the point of view of non-violence we have a good base that has been proven scientifically for sticking to the vegetarian diet. In effect, by eating that substance which has the least amount of active elements we are causing the least possible destruction of life. Also all those vegetables we do eat are not carnivores like the pitcher plant and if you tried to eat the pitcher plant you would find that it would not only taste sour but would make you very sick as it is poisonous.

Anyway, there is no such thing as an overlap case as it is classified as either a plant or some other life form scientifically using the element system. So a pitcher plant is a plant even if it does consume insects just as a cow is an animal although it consumes grass.

Going by Mr. Buttery's theory, a cow is a plant because it consumes plants.

Also I would like to express my concern for the question of birth control. The best method by far, that my dear wife and I have found, is to abstain. At the moment we don't feel that we want children and so we abstain. We have found that there is something beautiful to be found leading lives of chastity and we are both very much in love. It has been my experience that the vegetarian diet helps very much in this way and the few people I have met who lead such a life have all been strict vegetarians.

You will find animals in their natural environment mate once or twice yearly and those kept in captivity on an unnatural diet indulge much more.

It is interesting to note that man, the eater of anything and who mates even many times in a day is the sickest creature on earth suffering from hundreds of diseases. The humble cow munches on grass in the fields and is outside twenty-four hours of the day, rain or shine with no clothes to wear or fire to warm and maybe gets a disease once or twice, and even those are usually induced by man and his poisons. Then there are the humans who have all the luxuries of life and who over-indulge in all of them and every day they moan about this pain or that and seem never to be at peace let alone with others, but more importantly, themselves.

I find that the more I simplify my life the better my life seems to be. Simple life, simple diet, simple thinking, simply wonderful!

I would like to correspond with Mr. Buttery or anyone else who has opinions on diet, spirituality, birth control or even smelly compost heaps.

**Robert Lang,
P.O. Box 267,
BALHANNAH 5242.**

Dear Grass Roots,

We are a family of four, ages 33, 33, 9 and 10. We are looking for 20 acres on the N.S.W. border, between Albury and Jingellic, or perhaps

Tallangatta or further up the Murray Valley. No house required.

Are there any other families in the region we could talk to?

**Diane & Len Bergin,
'Yalambie',
Oaklands Road,
RAND 2540.**

Dear Readers,

I would be very interested to hear from anyone who may have any Rhode Island red chickens or point of lay pullets for sale or who may know where I can obtain some. I am looking for 12 to 15.

**Meg McCormack,
'U.M.E.' PARK,
Gundagal Road,
COOTAMUNDRA 2590.
Ph. 069-421-846.**

Dear Grass Roots,

We have been buying and enjoying your magazine since the early issues, recently we bought a 100 acre rundown farm in the Otway ranges and are attempting to become self-sufficient.

We get a great deal of useful relevant information from your magazine.

I read with interest the article on page 39 of G.R. 28 re solar heating and thought I should point out that the illustration indicating tank and solar panel position could possibly confuse readers. In general the top of the panel must be below the bottom of the storage cylinder. The actual illustration is from a Beasley brochure (as they have a patented cylinder that will operate at the relevant levels indicated).

**Barrie Middleton,
304-6 Murray Street,
COLAC 3250.**



Dear Grass Roots People,

Does anyone know any seed source for indigo for dyeing cotton?

**Ms. Judith Pitts,
16 Sheffield Street,
OXLEY 4075.**

Dear Grass Roots,

In reply to Joyce Parker G.R. December issue, in regard to re-using junk. The bags your onions and oranges come in make good floor scrubbers, wall paper shifters, etc. Take stitching out of all bags, stack and fold into four, slide one of them inside. Use strong plastic string and thread through all edges of outside bag and pull ends together to gather whole thing into a ball. It can also be made to fit scrubber head of long handled floor tools.

To Richard Hines re goat browsing. No, all the adequate food in the world wouldn't keep a goat on a small area as they have a built-in requirement to rotate according to season, weather and freshness of food. Left to roam free, a small herd of 5 or 6 will wander up to 4 or 5 miles. For their best health, they need a varying terrain as well, specially bucks and young stock. If the country does not have hills, valleys, rocks, etc. it's a good idea to provide old machinery, drums wheels, general untidy farm junk, for them to climb on, jump from, teeter, pull tricks on their mates and so on. Something that can function as a see-saw gives lots of fun. At one stage of my goat keeping career, the only relief from the monotony of flat ground was a dung heap. It served the sire of the herd as superior positioning from which to chastise his wives and bully his children, the kids to take turns at charging and bullying, the 'go' and 'whoa' points for kids races and the milkers to stand cudding.

**June Allen,
50 East Esplanade,
MANLY 2095.**

Feedback Link-Up Feedback

Dear People,

We enjoy Grass Roots so much and especially loved the Bumper Book at Christmas. My children made the pomander oranges for presents – they had fun making and giving them, and the ginger beer recipe has really hooked us in. The first batch was quite a 'shattering' success but since we have found that without the raisin in each bottle, the beer has not been as gassy. We have also found that it is O.K. to drink after only three to five days. I now make about ten bottles every week but am running out of friends to give the other half of the 'plant' to. We estimated the cost to us per bottle as five cents – we have our won lemons.

**Lynne and John Rowe,
P.O. Box 245,
PORT PIRIE 5540.
Ph. 342-234.**



Dear Folks,

We have just moved onto our 27 acre bush block at Franklin in the Huon Valley. At present we are living in a small caravan and feeling pretty good at having made the 'big break'. It is our intention to build our own mud brick house, start our vegie garden and keep a few animals. We are unable to find out much about it and would appreciate any information from readers.

We would also be glad to hear from any G.R. People in our area.

**Mark & Sandra Bowden,
C/- 28 Gormanston Road,
MOONAH 7009.**

Hello,

I am interested in hearing from a lady who would like to live in the country near Taree. I am 29, a typical Capricorn I am told, and living on a picturesque 15 acres of land with a couple of cows for milk and meat.

My main interest is music and electronics which have come together to provide me with a cottage type business out in the bush. I have a small but growing house with a couple of the luxuries. I like gardening, water activities and tinkering, not into alcohol or tobacco. Please write – I'd like to hear from you.

**Peter Stein,
Wang Wauk Road,
DYERS CROSSING 2429.**

Dear Readers,

Mike, Lyn and Celeste (eleven years old), would very much like to hear from people with land to sell. We are interested in co-operatives, also private land.

Our daughter's interest in music and dance requires that we be within reasonable travelling distance of a major town for continuation of lessons. We have no special 'anything' (food, religion, etc.) that we follow, but wish to join a co-op., with an abundance of children. Caring and honest communication is of great importance to us. Mike will be earning his living by means of leathercraft and pottery, whilst Lyn hasn't found her niche yet. We welcome all replies.

**Mike, Lyn and Celeste Lees,
Post Office,
TUCABIA 2462.**

Dear People,

We are a couple who've been travelling overseas for the last ten years and working in cities to get the money together to do it. We've just fulfilled a long term dream by buying 50 acres of uncleared bush in S.E. Queensland and are living in a tent on the land while we build a house and work towards self-sufficiency. Finally living out here in the country is amazing – the wildlife is beautiful and there is so much to get into, there's never enough time in the day.

Having been up here only two months or so, we've had little time to get in touch with alternative lifestyle/grass roots type people in the area

and would love any people around to get in touch.

Our land is pretty rugged – incredible sandstone cliffs and ridges but with enough flat to grow our own vegies and fruit. If anyone, anywhere, has any expertise in building stone houses they'd be willing to share, we'd be grateful for any hints. We've enough sandstone on the property to build with, but as yet are strictly amateurs with a lot to learn. It will take a few years to build but we have no deadline and plan to *enjoy* the project, not break our backs.

Also we met a girl Mandy at the Tanelorn Festival last October – she had been living in Toowoomba until recently and had a puppy named Ra. Mandy, if you read this please get in touch – we'd love to see you.

**Trish & Spook Mulvey,
C/- Post Office,
GRANTHAM 4347.**

Dear Readers,

We would like to tell all those people who live in Melbourne and who like organically grown vegetables that we have a stall at Footscray fruit and vegetable wholesale market. Our stand number is 547 and we're there on Monday, Wednesday and Friday mornings.

If you haven't been to the Footscray market you are missing out on a real city experience. The market goes from 4.30 to 8.00 a.m. every morning but you have to get there before 7.00 a.m. to choose your quality and price. The hustle and bustle of the market is exciting if you're awake at that time. Although mainly fruit and vegetable sellers buy there, anybody is quite welcome to take advantage of the wholesale prices. You can save up to 300% sometimes. We are one of the very few organic growers there.

We have a market garden near Yarram in the foothills of the Strzeleckies. This year we have 35 acres under vegetables. You can imagine the weed problem. There are five of us working full time on the farm but we have to hire pickers during the bearing season.

The farm has been going for nearly three years now. We're still experimenting with different crops but I think we've proven generally chemicals aren't needed to grow vegetables successfully on a large scale.

We would welcome anybody who wants to visit or to work with us.

**Maureen Taylor,
Bolgers Road,
Devon North,
via YARRAM 3971.
Ph. 051-851-446.**

Dear Grass Roots,

We have a health food store in Broome and are interested in purchasing organically grown nuts, seeds, beans, dried fruits and herbal teas, etc. If there is anyone reading G.R. who could supply us with these products we would be very grateful if you would contact us.

**Sandy and Jenny,
Healthy Being Wholefood Store,
P.O. Box 486,
BROOME 6725.**

Dear Grass Roots and Night Owls,

I am three months pregnant, due to have our baby in late June, early August and I live in Portland, Vic.

I am at present attending doctor's consultations in Melbourne. I am quite happy with him *but* the problem is, we would find it much more pleasurable to have our baby in our home, where I am psychologically more in tune. Also I would prefer to spend the last months of pregnancy here in fresh air and clean environment rather than the city of Melbourne. We are seeking a midwife who would be interested in attending the birth of our child. Of course, I would need details of their registration and experience. We are willing to pay accommodation expenses in a motel for the duration of the delivery on top of the expenses necessary to engage a midwife.

**Sarah and Peter,
P.O. Box 429,
PORTLAND 3305.**

Feedback Link-Up Feedback

Dear G.R. People,

I am a quiet 27 year old, single, carpenter/joiner living and working on the Sunshine Coast of Qld., and have a delightful 6 acre property N-E of Kyogle in northern N.S.W. I am presently saving to go and live there permanently and build my home, sometime in early '83. The problem is that I don't know many people here and I'm confined to living in a caravan park for that duration. Are there any down-to-earth people out there who have some acres or somewhere nice to live, that wouldn't mind me sharing or whatever with them. I have my own van if that helps. Basic interests are music, anything to do with gardening, animals and of course, working with wood. Would love to hear from someone in Mapleton or Maleny area.

**Greg O'Connell,
C/- Lily-ponds Caravan Park,
MAPELTON 4560.**

Dear Grassroots,

I am amazed at the reactions of readers to Robin Eagle (G.R. 27). To Rosco (G.R. 29), I think it would be terrific if a 'Mens' Only' festival was held. Men do have the right to meet, skill-share etc., independently of the other sex, to develop their own individual self-sufficiency and self reliance, rather than purely heterosexual self-sufficiency. 'Womin' also have the right to choose to develop independently of men, and if they utilise that right, and men don't, then I think they should be supported in what they are trying to do and not merely criticised and ridiculed by people obviously threatened by the idea of the sexes meeting exclusively.

I'm disappointed to find this sort of criticism of the festival among Grass Roots pages. For people who are supposedly exploring alternatives in lifestyles, there seems to be quite a number of G.R. readers wearing blinkers!

**Carol Gibson,
C/- Post Office,
WEST KEMPSEY 2440.**

Dear Somebody,

I can't afford to live in the city. I've been studying at University but now I have a child four months and it's all getting too much. My dream is the south coast or Tasmania. I know people have houses in the country that they can't live in while they work in the city. Would someone allow me to mind their house? Or show me the way to find a decent place for Ben to grow? I need the break from University only until he's ready for school. I could stop a garden from becoming a disaster area and keep up with the repairs that a lonely house needs. I'm happy to pay rent. All I want is a place where I can stay happy and healthy so that Ben can grow happy and healthy and with Sydney's rents the way they are I couldn't give him a reasonable diet let alone a good environment. I am afraid high interest rates will raise rents even further so I want to discover alternatives. If any community would like to adopt us as associate members we would love to hear from them. Don't worry if you can't help, something will happen and we'd simply appreciate any advice you could give.

**Lynne,
20/142 Herring Road,
NORTH RYDE 2113.**

Dear Friends,

I am a lady of 21 years and have just been told by my friendly physician that I have rheumatoid arthritis in my joints - in particular, my chest. That is why I find it difficult to breathe, especially after an attack of pain.

He's put me on the usual prescribed drugs. In fact, I'm trying my third brand name now and none seem to have done any good. Besides, I don't particularly like the idea of pills and what-nots.

This is why I am writing in request of any information or cures from people who perhaps suffer from the ailment themselves. I understand that eating the correct foods is beneficial for me, but which foods are best and which should I avoid? Are there any herbal remedies to be taken?

What books could you recommend for further reading? I would be most grateful if somebody could help me in any way, as I do not feel confident that western methods of cure will be of any value to me.

Also what information can you supply on the harmful effects of 'Agent Orange' and how long does this chemical hang around after use? I believe our landlord used it to clear the land we're renting.

**Lorraine Guagnin,
'Da Farm',
Chittering Valley Road,
LOWER CHITTERING 6084.**

Dear People,

I have just purchased 55 beautiful acres on the Sunshine Coast hinterland at Mooloolah some 12 miles inland from Caloundra. I have obtained a Southern Cross windmill that I wish to dismantle near Caloundra, transport and re-erect at Mooloolah. I have studied with interest your articles in previous issues of Grass Roots on the dismantling and re-erection of windmills.

I would like to hear from anyone in this area who has actually had any such experience in this task. I would also welcome any others who would like to assist me and have a go at moving this windmill. We could all gain some experience and hopefully have a fun day or days. Anyone interested please contact me and I will be most grateful for any assistance, verbal, manual or whatever.

**Bruce Dunn,
P.O. Box 319,
CALOUNDRA 4551.
Ph. 071-913-321.**

Dear Grass Roots People,

Living in the inner city, I have little opportunity to put into practice an alternative way of living which I nevertheless, support in theory. I am concerned about the materialistic attitudes promoted in cities, and the alarming lengths to which man has gone to create a throw-away society whose greatest priority is convenience, to the detriment of health and environmental concerns. I am strongly opposed to 'junk foods', convenience foods, cosmetics, aerosols and an exorbitant number of cleansers and toiletries, the massive sales of which are evidence of the impressionability of the consumer, in the face of modern manipulative techniques of advertising.

I find Grass Roots absorbing reading, particularly Feedback Link-up and hope that in writing this letter I may find like-minded people with whom to correspond. I am a 19 year old arts student at Newcastle University and I enjoy reading, writing (especially letters), most outdoor activities, but above all learning (though sometimes I'm a bit lazy about it). Having lived in the city all my life I have no practical knowledge of farming or surviving self-sufficiently and would be grateful to hear from anyone (not necessarily in the Hunter region) who could use my labours on weekends or in university vacations. I would also love to find penfriends in other countries, if anyone can help me out.

**Julla Manning,
30 Bishopgate Street,
WICKHAM 2293.**



Dear Grass Roots Readers,

I wonder if anyone would be able to help me? I have some ferns in my flat but they seem to go brown all the time. I can grow any plant, but with ferns I have trouble. I have two different asparagus ferns and a nephrolepis exaltata or as it is also called, a ladder fern. I water them about once a week and they are in a mild light. What am I doing wrong? Looking forward to hearing from you.

**Glenys Wright,
4/12 Erskine Street,
SHEPPARTON 3630.**

Feedback Link-Up Feedback

Dear Folk,

I'm fourteen years old and a migrant from Holland. We came to Australia 2½ years ago. Now we are living on a 65 acre bush block close to Kempsey. The soil is not as good as we had expected but we still grow a lot of vegetables in a bio-dynamic way, with 'home-made' compost. My parents would like to meet people who do the same, to talk about their experiences and to exchange non-poison seed.

Now I would like to reply to Judith Mertiny's letter which was printed in G.R. No.27. My father told me how the gypsies in Europe overcame the problem of dandruff. When walnuts fall off the tree they have a green coat around the outside of the nut. You take this green coat and boil it in water until you have a black syrup. Rinse your hair with this after having washed it with normal shampoo. This really works and smells very nice, although it might give your hair a darker tint.

**Edith Stanke,
P.O. Box 26,
WEST KEMPSEY 2440.**

Dear Meg,

In regard to breeding turkeys I've found two things of vital importance.

Inbreeding

Any degree of inbreeding, apart from being nasty and incestuous leads to poor hatchability, low survival of chicks and/or severe leg problems like stripped tendon, mis-shapen feet, etc. Turkeys seem more sensitive to this than any other poultry — maybe it's because we've had only white ones!

Blackhead

It is impossible (?) to raise turkey chicks with other poultry or, I strongly suspect, on ground lately vacated by other poultry unless you use massive amounts of antibiotics — and why, when there's a very simple solution? Raise your turkeys on clean ground away from the main flock and re-introduce only when they are about four months old and they appear to be less susceptible. Our best success was obtained by taking the chicks at hatching and brooding them artificially.

Another idea is to make an 'A' frame movable pen without a floor ready to drop over madame turkey when she is well and truly into sitting. Provide feed and water and after hatching move to ground that poultry have not been on. The pen could then be used to grow on the poults after madame is returned to the main flock.

Our turkeys have been laying for a while now and Shirley has taken the eggs and substituted hen's eggs. We generally try to bring on only one lot of turkeys each year as the little b.....s are so vulnerable and will up and die in the time it takes to blow your nose.

Shirley lost three of her good laying hens recently, the last two with massive and deep cuts on their backs, both sides of the backbone and at right angles to it. We finally twigged as to what was happening. The lustful old turkey tom was trying to tread the chickens and because the hen's back is so much smaller than a turkey's, he gouged them with his spurs. When I examined them they were lethally sharp. Fortunately I had de-spurred cockerels before and find cutting them both brutal and dangerous — much blood loss and chance of infection. I used a 4-in-one rasp normally used for hooves, then cauterized the stump with the soldering iron. This will have the dual benefit of sealing the wound and discouraging further growth. Sounds brutal to you I know, but it really is necessary.

**Greg Broomhall,
R.S.D.,
WESTERN FLAT 5268.**

Dear Grass Roots Pals,

I enjoy reading your successes and trials and failures, but then that's what life is all about. I have written to a few of you and received nice answers. I notice that quite a few of you *do* live in the torrid city and manage to keep the asphalt at bay and this is good. I too, have a suburban block which needed three hard years to turn from a jungle into a house and garden, and the effort has left me exhausted, yet the experience was

worth it.

My favourite pastimes are composting, vegies, chooks (to come soon), flowers, art, tapestry, growing things in general, trying body oils from herbs and flowers, candle making (and don't let anyone tell you *that's* easy), jams and trying to control a 'guard' dog, who not only keeps my enemies out, but won't let friends or relations in.

I tried to make soap from the man in Hahndorf's recipe of 1866 — never laughed so much in all my life, nor cried so much — finally tipped the whole lot out and wondered why I haven't seen so many mice around. Took me three shops before I could even buy the lard, and had to look up the dictionary to find what rosin was and discovered it's down on my plum tree! Now *you* go and look it up.

Would any of you within a close distance, like to come one Saturday or Sunday afternoon from about 1.30 to 5 and swap ideas, produce, recipes, have a natter, look at the garden (*if* there's anything in it) and in general, meet each other, have a 'cuppa' and just have a pleasant afternoon talking and meeting other people who like the soil and all it bears? I have enough friends, but, like others have stated, as soon as you talk compost, they think you're crazy. Naturally, you would have to let me know and state which day would be best.

If those of you within a radius of 10 or so miles could come, perhaps someone else out there could do the same for others within their domain. Some lady from S.A. suggested it and it's a good idea. Please don't turn up in your thousands as I have only a '50 x 150' block and only half of this is for people — the rest for the chooks. Bring a few of your products and you can swap, or pay, and if you want to carry it further in trade with the person, O.K. I would very much prefer adults only, due to the dog. Also it would keep the number to a satisfactory group.

To the person who suggested (for flies) black pepper, brown sugar and cream — I didn't think much of it, but when I returned from the shops I found the dog still licking her lips, so do you have any more suggestions? Yes, she ate the lot — cheap pet food?

**Midge Barkley,
53 Sixth Street,
PARKDALE 3194.
Ph. 03-580-6251.**

Dear David, Meg and Sunshine,

I would like to say that Feedback-Linkup is a wonderful meeting place for friends. I have had to make my own index to catalogue all the interesting recipes and remedies and would like to see Feedback bigger. Through the pages of your magazine I, too, feel a part of a big-hearted and beautiful family, and I'm proud of you all and at the risk of sounding tedious, boring, etc. Keep up the good work — we need you.

**Tricia Warker,
P.O. Box 552,
WODONGA 3690.**

Dear Meg and David,

I was amazed at Jeanette Jack's very un-generous letter and I feel very indignant over her criticism. I am a woman of 60 and get very much joy out of feeding Feedback Link-up, wishing I'd had the opportunity twenty years ago of doing what young people of today have the nerve to try — that is their own new lifestyle. Good luck to them.

**Joan Garnham,
39 Linda Avenue,
BOX HILL NORTH 3129.**

Dear Folk,

I am a fortyish Taurean male, warm hearted, sensitive, easy going, who has given up the business rat race to build and live on an ocean going yacht now anchored in a western Victorian port. I am looking for a slim, practical, reasonably fit lady interested in sharing some time aboard. While the boat is not completely finished there is not a lot to be done before it can be used for ocean cruising.

**Warwick Mooney,
Box 718,
PORTLAND 3305.**

Feedback Link-Up Feedback

Dear Grass Roots Readers,

Unfortunately Grass Roots No. 28 has only just reached this part of the world so we feel that it may be too late to answer advertisements that we are interested in. We want to work our own land but the prices here put it way out of our reach.

Our family has six members (Arthur, Alison, Andrew 12, Philip 10, Graeme 7 and Emma 5). I am a teacher at the local country school and would be very interested to know of the availability of teaching jobs in country areas – preferably where some land is available. Arthur is a farm contractor, very capable in anything to do with farming but both of us are prepared to try anything.

We would like to hear from any other New Zealanders who have done what we would like to do – move to Australia and work to have our own land and home. We would appreciate letters from anyone who can advise us.

**Allison & Arthur Hawthorne,
Pettit Rd. R.D. 1,
Onga Onga,
HAWKES BAY N.Z.**



Dear Readers,

I wonder if you have any information that might help to clear up the tales about paw-paw trees. We have several healthy paw-paw trees growing up against the house. One is a male tree (flowering) close to a bedroom window. The others are fruiting well.

Several people have told me that having them close to the house is a potential health hazard. Some say they drain good air out of the house; others say they harbour disease and cause illness. I can't really say we are a sickly family. We get our share of aches and pains but we don't want to chop down these trees that produce delicious, huge fruit and shade the house, just because of hearsay. Does anyone know some facts or case histories or any interesting information. All letters will be gratefully answered.

Thanking you for your terrific efforts in producing Grass Roots.

**Kathy Hicks,
7 O'Connor Street,
Rosslea,
TOWNSVILLE 4812.**

Dear Meg and David,

Through your magazine pages, could you ask if anyone has any old or new knitting books or papers, or magazine instructions they no longer want and would agree to send them to me either by post or passenger train if a large lot. I will return postage or freight for them.

I am a knitter and my house burnt down recently, completely destroying everything I had collected over 40 years including knitting machines, spinning wheels, weaving looms and a vast quantity of wool for the coming season. It happened through an electrical fault somewhere in the rear ceiling, so I would advise anyone to check their wiring and make sure about it. All mine had been renewed except for one little bit which serviced the back door light. That must have been what started it – or spontaneous combustion – but it was so quick and complete and in a few minutes I was left bereft of home and possessions and penniless.

How thankful I am my mutiple handicapped daughter got herself out of it, as I was gone only two minutes with water for my stock 100 yards away.

It would comfort me a bit to have some knitting books to look at.

**Mrs. Helen G. Adkins,
R.S.D. Jubilee Lke.,
DAYLESFORD 3460.**

Dear G.R. People,

Recently we visited an elderly couple in northern Victoria, who retired to the country to fulfil a life-long desire to get back to the land, as they were country bred in Ireland. They had achieved a great deal,

including having the help and company of some donkeys till ill-health struck two years ago. The wife is now permanently hospitalised and the husband needs a stick to help him get along.

He was cheered up by our visit as he always enjoys someone to talk donkeys with, as I also have two. He explained how worried he was about the future of his donkeys as drenching and foot care were now beyond him, and despite advertising, he was unable to sell any locally. I offered to bring them down to our property (except his one favourite) and try to sell them for him – so here I am with seven extra donkeys. Would anyone like to buy one of these wonderful 'grass roots companion helpers'? They are well grown animals (up to 13h.) from 2-7 years old, all halter broken and the older ones have been ridden. They are all good looking animals from registered stock and the prices range from \$180 for the young geldings to \$300 for the big trained jennies.

I cannot emphasise enough what a wonderful asset they are to grass roots people as I have found out over my three years of donkey ownership. In return for love and affection, they will pull or carry heavy loads, entertain all your visitors and always be available when you need a companion. For those women trying to go it alone without a man, a donkey could be your answer – you have the extra muscles, a friend who will never contradict you, they are patient and just love to be hugged.

**Marlan Jelley,
Hargreaves Road,
STEELS CREEK 3775.
Ph. 059-652-323.**

Dear Folks,

We are trying hard to get out of the rat race but the trouble is finding the money just to get started. We have a house which we are paying off. Soon we hope to go down to Brisbane and have a look around the Lowood areas for a small farm – something which will come out a little cheaper than the house. We both come from farming stock so we do have a head start in that we do know a little, even if we have been away from the country for 20 years. We will keep reading and learn by the hints you pass on and hope one day soon we may be able to put them to good use. We would love to hear any hints on how to move quicker.

**Ivan and Heather Woolmer,
34 Norris Road,
NORTH MACKAY 4740.**

Dear G.R.,

Re the Bumper Book. It was passed on for review just before our Christmas meeting and you will be interested to know just how we were able to use it. The idea of the 'Christingle' (p. 25) really appealed and was lighted to start our meeting as a symbol of the sharing within the society, while the posy of Christmas flowers that was presented originated from the article on Christmas Herbs (p. 129).

**Herb Society of Victoria,
P.O. Box 423,
MOUNT WAVERLY 3149.**

Dear Meg and David,

Thought you may like to know that for six days in late November we had two delightful young girls here gaining work experience. We contacted them through their letter published in Land Link. During their stay here they provided valuable assistance in the vegie garden, looking after herbs, crutching and foot paring sheep, weed control (pulling ragwort), spinning, general routine chores like feeding poultry, collecting eggs, etc. We enjoyed their company and help and I am sure they have learnt the basics of companion planting, basic self-sufficiency tasks and life on the farm away from the city and TV, etc. They also spent a lot of time playing with the four goat kids and riding the old stock horse.

**Ron & Pam Pratt,
R.M.B. 4210,
MOE 3825.
Ph. 051-681-234.**

Feedback Link-Up Feedback

Dear Meg and David,

I had a funny reply to my last letter that you printed (re vegetarians). Someone had torn the page out of G.R. and written all over it, calling me a murderer and many other nasty things. Just exactly what I was trying to say in that letter was we all tend to judge others, before first judging ourselves. I also had some good replies from vegetarians and non-vegetarians, discussing the point. Everyone has their own ideas, their own set of rules (thank goodness) and none of us has the right to say their way is the only way or vice versa.

**Gail Clarke,
C/- 41 Wood Street,
LANE COVE 2066.**

Dear Gail,

I'm appalled that one of our readers has responded in such a negative way. All of us have tried to make the feedback section an open forum for discussion and mutual exchange of ideas and it is saddening to hear that there are folk unable to express themselves in a manner acceptable to the values of this magazine. We feel privileged to be able to share and make public readers' ideas and addresses. Distressing, insulting and anonymous letters fall short of this shared code of ethics.

Meg Miller.

Dear Friends,

I am looking for a male friend. I am pushing 48, not unattractive, very much into G.R., positively dotty about animals and children and adore old people. I don't mind a man who smokes or has the occasional drink (I am not God). He must respect women and love children and animals (I have lots of critters), be generally handy and *must* have an unshakeable love of God and appreciate all he has given us to enjoy. (I am not a religious fanatic — I am not even religious). I will not become involved in politics, religion, racism or gossip.

**Victorian Lady,
C/- Box 900,
SHEPPARTON 3630.**

Dear G.R. Readers,

Like many of you, we are still firmly embedded in the suburban way of life but our eyes are on the stars! In our case, the stars are at least another three years away. We are ready to go yesterday, but the mundane (and very relevant) financial situation still has us pinned down. Our two children are wonderful and it was their arrival that stirred our interest in examining the environment which we were to provide for them — on the other hand they have certainly injected some caution into our schemes.

We do the best we can with limited facilities (¼ acre in suburban Adelaide), providing ourselves with a good range of organically-grown produce. We also have chooks for eggs (deep litter) and ducks for eggs and ducklings (free range). One thing we have found with ducks is that they like the leaves of young brassicas; another thing is that not only do they have great flat feet but they are incurably clumsy as well. If you don't mind sharing some greens with them and protect your seedlings, they provide an unbelievably efficient snail/slug eradication service.

Our tentative plans include a future move to S-E of N.S.W. and we would love to hear from any G.R. people settled in the region, particularly around Bega.

**Ian and Jennifer Lester,
3 First Avenue,
PAYNEHAM SOUTH 5070.**

Brothers and Sisters,

After a camping trip along the north coast of N.S.W. recently, we have felt drawn to the magic and beauty of the land and have decided to return there to live and love and flow.

We are looking for a paradise to share — perhaps with an established community or maybe a group that is just now coming together. We have up to \$20,000 for our share in land which would ideally be somewhere between Bellingen and Murwillumbah. While feeling the need for individual areas, we are keen to find an active and energetic community

focus.

I am a yoga teacher and primary school teacher. I am keen to develop a community school at some stage. I envisage daily yoga sessions on a community level. My husband is an environment/pollution control engineer. As he may need to work in a town or city, we would like to find this land in an accessible position. Please contact us if you know of such a paradise or are interested in finding the same.

**Zora & Amir Pradhan,
14 Buena Vista Avenue,
WENTWORTH FALLS 2782.**

Dear G.R. Folks,

In reply to Jeanette Jack, G.R. 29, I feel she must be reading the Feedback pages with a closed mind or else she's referring to another magazine. To begin with, her list of articles she would like to see replace Feedback have nearly all been well covered in G.R. issues already and much extra information based on personal experience has been passed on through the Feedback pages. To help Jeanette understand the importance of Feedback, I would like to point out that the people who write in don't do so out of boredom, tedium or lack of stimulation in their lives — they do so to help give other people interesting and fulfilled lives. The others who write in for help do so because they know there are a lot of people out there, reading and contributing to Feedback, who have between them, more practical experience and information than could possibly be gleaned from one article.

Keep up the good work G.R. and don't let the 'knockers' get you down. We all need help, encouragement and support and Feedback supplies it all.

**Chris Heining,
C/- Post Office,
STROUD 2425.**

Dear People,

A Mixture to Feed Newborn Orphan Lambs

- 1 quart cow's milk
- 1 teaspoon cod liver oil
- 1 egg
- 1 dessertspoon sugar

Feed 6oz, four times a day for two days.

For John Budds. We have a book called *Cloudburst 2 — A Handbook of Rural Skills and Technology* published by Cloudburst Press of America, Seattle. It has three different plans for spinning wheels. We obtained the book from U.K., so maybe it is not available. If not please contact us if required.

N.R. Gill of Tasmania wished to know about building with bottles. In Queenstown, N.Z., I remember seeing a house built out of bottles. I remember someone telling me that if they are built with the top of the bottles facing outwards, the trapped air inside acts as insulation. From memory they have some sort of mortar between — I may be way off the right track though. Good luck in the venture.

Jenny and Michael, G.R. 22. I haven't found a herb to stop the mosquitoes from the creek down the back from eating me, but what I used was effective. Take Vitamin B complex tablets. I was told to take four a day for five days and then daily. I took them for about a month and when I stopped the mossies never bothered me much again.

**Rob and Ngave Shorter,
P.O. Box 1783,
CAIRNS 4870.**

Dear Folk,

We did not appreciate J. Buttery's unnecessary attack on vegetarians. (I'm sure we weren't the only ones). Could it have been guilt at his own slaughtering of helpless animals showing through?

Love the occasional drawings of devious looking goats. How true!!

**Pam and Bob,
MT. EVELYN 3706.**

Feedback Link-Up Feedback

Dear G.R. Readers,

My family and I have been in Australia for 8 months and I discovered during this time, that most city folks are *not* friendly. The only way I know a neighbour is home is by the smoke that pours into our house from misplaced incinerators. Then I discovered G.R. and a whole new world opened up for us – at last we belonged! We have exhausted the local library on 'Building and Farming the Alternative way', but have found that most of the information we have crammed into our heads has come from G.R. readers and the write ups in G.R. itself. It influenced us so much that we went out and bought ourselves 7¼ acres of land at Daisy Hill near Maryborough, Vic. We visited Going Solar and purchased two mudbrick moulds (what a marvellous shop), and I have been practising making mudbricks with the soil I brought back in buckets on our weekend camping trips at Daisy Hill. We intend to build a large homestead (at least 5,000 bricks) and any more helpful advice would be appreciated. We wanted to build a post and beam frame and get the roof on for shelter, but it will prove too costly at the moment, so it will now be load bearing walls and the roof as finances allow. Mains water is close by and until we are connected we will use the water from a small dam (stocked with yabbies), already on the land, for making the bricks.

I have a small herb garden that I have just started and have an abundance of French marigold seeds (plants exude a substance from their roots that keep eelworms and nematodes away) that I would be happy to swap for other herb seeds. Ready to move in July I have in pots in my garden, rosemary, garden mint, nasturtiums, lovage, borage, English and green lavender, sacred basil, horseradish, parsley, lemon balm, peppermint, penny royal and pineapple sage but it has died.

There is no S.E.C. yet, but I'm sure we will adapt quite quickly. Apart from the love of open spaces and gardening, my other hobby is weaving, but not with a loom – with my knitting machine! Maybe it's cheating, but I also get a thrill from creating. I have recovered a three piece suite, made two adults' and a child's coat, plant hangers, sweaters, cardigans, shawls, stoles, shoulder bags, flowers, and marionettes, which sold very well during hard times and are a good standby for markets. I made \$400 in N.Z., three weeks before Xmas. I used to demonstrate at our local Machine Knitting Club and belonged to the N.Z. Machine Knitting Society. If any G.R. readers have a machine and problems I will be glad to help if I can. My machine knits from 1 ply to double knitting and weaves even thicker wool. I would like to make a garment from the beginning i.e. sheeps wool or goat hair, spin and dye it, then created something beautiful. I don't think using a machine is really cheating because the end product is still the same – it's just a lot quicker.

Although we will be trying to be as alternate as possible, my husband is not prepared to do without his coffee. Does anyone know how to grow a coffee bush or tree? I have some green coffee beans and can manage to get a tiny sprout on them, then it goes brown and dies. What am I doing wrong? Would anyone like to try it? If so please send a S.A.E. and you are most welcome.

Thank you for your fantastic magazine – it's like watching the dawn break – never before have I felt like I belonged until now.

**Marly and Ian Wright,
303 Lum Road,
MULGRAVE 3170.**

Dear Grass Roots Readers,

Here I am writing for the third time. However, this time it's with a difference – this time it's from our country property at Mudgee. Yes, we have finally made the break from city to country. It is taking us a while to settle down but we have our lifetime ahead of us, so there is no real hurry. It doesn't take long to realise that self-sufficiency can't really be achieved quickly. At the moment we have 40 acres full of Patterson's Curse (Salvation Jane), and quite a bit of thistle too. Would anyone out there have any natural method of keeping down these menaces, especially the Curse? We don't intend to stock our property as we are vegetarians, although we would like a couple of goats eventually. We would really appreciate any help from those who know anything about

the Curse.

As well, we would love to hear from anyone in this area who is interested in alternative lifestyles and if there is any place around here that I can purchase organically grown fruit and vegetables, as it will be a while before we get our own garden/orchard established.

**Odette, Jens and David Grejsen,
'Minard',
Old Grattal Road,
MUDGEE 2850.**

Dear Readers,

In January 1983, I would like to purchase land and a dwelling for up to \$45,000 within a half hour drive of Hobart. I would like to rent a property for up to \$50 per week from now until that date. It would be ideal if I could rent a place till December when I could purchase it.

If any readers have a place that they would like to sell, rent or both within a half hour of Hobart, I would be interested. The only requirement is some flat area on the land. I want about 10 acres – no larger. If you have a place in which you think I might be interested please contact me.

**Philippa Batt,
31 Bedford Street,
NEWTOWN 7008.
Ph, 281-206.**

Dear Grass Roots People,

For some years I have been interested in an Australian tree, the common name of which is 'Blue Fig' or 'Silvery Quandong'. Its scientific name is *Elaeocarpus grardis*. Related species grow throughout Asia and the Pacific Islands. Within Australia the tree grows in coastal rainforest regions from the middle of N.S.W. up. The fruit stones vaguely resemble peach stones and are extensively used in India as prayer beads. There they are known as 'rudraksha' beads and have a history going back thousands of years.

Could any readers help with the following information:

- * The meaning of the name 'Quandong' and any aboriginal stories associated with it.
- * An efficient and quick method for cleaning bulk quantities of the stones.
- * The precise method of making the tree give small stones (¼in) instead of the usual large ones (¾in).

**Peter Hunt,
19 Waverley Parade,
PASCOE VALE SOUTH 3044.**

Dear Wanda Vegetarian (G.R. 29),

Do we stop feeding this beast that is taking up a precious acre? (Thou shalt not kill!) Do we not kill it but allow it to breed up and in great numbers eat all our one acre vegie plot? We starve! (Thou shalt not kill). I am not a vegetarian but believe Australians eat too much meat. Most internal disorders are usually caused by lack of roughage. However I believe the human body needs a well balanced diet of meat and vegies. Let the body have what it wants and stop feeding it junk food. This is where the major trouble rests.



**Gary Williamson,
DYSART 4745.**

Dear Everyone,

I wonder if anyone out there can help me. I have started a herb garden and don't know much about caring for the plants. I am particularly worried about an Angelica plant I have. Whenever it grows a new branch it turns yellow and dies. It is still in a pot and I have placed it in a shady area but our conditions are hot and windy. Could the fact that I live near the sea have anything to do with it? Any answers?

**Bernice Hudson,
1 Mimosa Street,
ST. HELENS 7216.**



gumnut gossip

Meg Miller

I like to leave writing this page till the very last minute in case I'm struck by a sudden bolt of inspiration. Well, this time I've been struck, but not by inspiration unfortunately, but by a good old-fashioned electrical storm. The last night of production arrived — tempers frayed, a tight work schedule, staff working back — then the lights went out and stayed out for several hours! Well, they did eventually come back on, and we did get through that work load, but must life always be so exciting? Others involved in meeting deadlines will agree, I'm sure, with the fact that the action happens only when 'D' day is ominous. Take this last twenty-four hours. I've survived a bilious attack, a blackout, a chicken severely bruised his foot and needed some first aid and then the goat kid slipped while stealing roses from the garden and caught her leg up in the electric fence (which was turned off luckily!) And that's only for starters!

I wasn't in such a cheery mood last week. I was feeling rather sorru for myself with yet another weekend earmarked for productio, a list of outside jobs a mile long marked 'urgent', and a pile of letters on my desk chock-a-block full of bias and intolerance — the antithesis of what G.R. is about. The solutions to the first two problems were clear cut. I *would* work on production at the weekend — I had no choice — and my list of outside jobs would still be there in a week's time, perhaps a little longer in length. But the third problem was the one that had me tossed. Many of the letters in feedback are becoming full of 'musts' and 'must nots' — not 'this is my way' but 'this is the way everyone *should* be doing it'. I can only hope people have slipped into such rhetoric while being carried away with the fervour of writing and in the process, forgetting the tolerance and understanding we G.R. folk believe in. We are a loosely knit family brought together by the desire to

be creative and independent, to develop parts of ourselves given little credence in the world of stereotypes, and to turn inwards and become aware of who we are, what we want and how we can go about achieving it. In a magazine the size of Grass Roots, there is room for us all. We have a rare spirit, let us all protect it.

Now for some readers' requests. A reader from northern N.S.W. is trying to find out more about the building technique Garry Hoar from Perth wrote about in an earlier Feedback. It involved building with sacks filled with sand and dry cement. If anyone knows about this technique we would be very grateful. A West Australian family would like some home-grown advice on keeping and raising peafowl, as information is so scarce on these birds. Finally, a young reader asks if someone could write an article on how to build a cubby for the backyard.

We have several letters here for readers in the 'Lost, Found and Stray Dogs' file. Letters have been sent care of Grass Roots for the following people — Cassandra Cronin, Ian and Judy Gray and Howard and Marilyn King. If they would like to write in with their address we can forward this mail to them. Also, Karen Stewart formerly of Tallangatta — the book you ordered from the General Store last year was returned. If you could let us know your new address we will send it on.

To finish off this issue a special little poem sent in by Shane from Broome in West Australia.

*May the stars a'night
Cluster, and guide you through darkest plight
May the sun shine,
And gather in your soul
May your dreams be sweet,
So to flow unto the universe
For eternity of time.*

GRASS ROOTS

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6, 7, 8, Out of print.

9. Solar hot water system, fairy web shawl, welding metals, haybox cookery, herbs, gardening, tethering pets, goat cheese and more.
10. Horse care, dome building, summer drinks, pot-pourri sachets, drying fruits, basket making, embroidery, corn letter from Renate and more.
11. Geese, owner-builders, producer gas, handwoven shirt, breakfast, the house cow, natural cold remedies, Cotter, low energy housing, splicing
12. Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps nettles, tapers, home brewing, hair care, gardening and more.
13. Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, Index 1-12, Renate, Jack.
14. Recycle a windmill, soap making, permaculture, bees applique, herbal teas, button making, tipis, fowls, musical instruments for kids.
15. Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self sufficiency city style and more.
16. Pigs, goats, pot-pourri, health, soap making interview, deer farming, bonsai, rag rugs, mud bricks, new vegies, rotary hoes, beer and lots more.
17. Pheasant farming, batik, solar energy, herb farms, Muscovy ducks, cultivators, cheese making, leadlighting, beer urban forestry, cord buttons, horse and cart and lots more.
18. Mud ovens, solar energy, no-dig gardening, raspberry farming, hay sheds, acupressure, weaving, poultry, tractors, stone masonry, living off craft, a 98-page issue!
19. Train a bullock, fireplaces, log cabins, pesticides, natural poultry keeping, natural health, goats, inkle weaving, selecting wool for spinning, cheese-making — another 98 page issue.
20. Training goats to harness, unusual salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying, eating out and more.
21. Balcony gardening, working donkeys and mules, knitting with handspun, bookbinding, fabric craft, cementing a water tank, minerals for health, amateur farming and more.
22. Community gardens, renovating a wooden house, tip ratting, natural health success story, make a donkey pack saddle, yeastless bread, organizing a community market, poetry and more.
23. Shoemaking — a small business, urban gardening, solar hot water, mud bricks, alternatives to milk, lease a farm, grow fruit from seed, start a country market, bantams and all the regulars.
24. Small scale hydro electricity, butter making, life on an island, poultry shed, make your own canvas blinds, community building, saddlebags, turkeys, using and storing wheat, natural skin care, vegan recipes and lots more.
25. Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, outback diary, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket and more recipe from Renate.
26. Guide to Queensland, poisonous plants, choose a horse, making chappatis, furniture refinishing, using weeds, woolcrafts, more donkey harness, weaving rugs, outback diary, introduction to worm farming, a vertical axis windmill, small farm stories plus all the regulars.
27. Button making, windmills, ducks, build a pottery kiln, pigeons, saddlery, plucking geese, craft markets, cabbage pest, spinning without a wheel, motorized gypsies: another packed 98 pages.
28. Make a tent, surviving venomous bites, macrame bouncer swing, bushfire safety, ducks, horses, simple butter churn, home grain milling, home made wind generator, portable chicken coop, yurts, make a bridle and more super deluxe 106 page edition!!
29. Growing peanuts, vegetarianism, screen printing, making jam with honey, healthy felines, surviving naturally in the tropics, geese, new fruits soy products, dripper irrigation, steam distillation, budding and grafting, felt making, 12 volt electric fences, energy self-sufficiency.

